



16. thüringen ULTRA  
Fröttstädt / 06.07.2024

Detailed evaluation

Manfred Kranz

Club: München  
Number: 155

Course: 100.00 km  
100 Kilometer

Category:  
Senioren M55 (55-59)

Total time: 16:15:07

Speed: 6.15 km/h  
Running performance: 9:45 min/km

Rank in course/Total: 174 (of 195)

Rank in course/Men: 137 (of 156)

Best time in course: 8:25:24

Rank in category: 27(of 30)

Best time in the category: 9:29:56

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	27.00	3:54:48	8:41	26	57:14	141	1:40:06	27.00	3:54:48	8:41	26	57:14	141	1:40:06
Floh-Seligenthal	27.00	4:11:12	9:18	24	1:04:11	137	1:59:19	54.00	8:06:00	9:00	26	3:05:49	140	3:39:25
Finsterbergen	22.00	3:55:50	10:43	24	1:41:13	127	2:00:54	76.00	12:01:50	9:29	26	4:47:02	135	5:40:19
Waltershausen	19.00	3:25:30	10:48	22	1:32:32	120	1:45:31	95.00	15:27:20	9:45	26	6:19:34	136	7:23:04
Fröttstädt	5.00	47:47	9:33	25	25:37	132	26:39	100.00	16:15:07	9:45	27	6:45:11	137	7:49:43