



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