



16. thüringen ULTRA
Fröttstädt / 06.07.2024

Detailed evaluation

Sergej Demykin

Club: LT Bittermark Dortmund
Number: 65

Course: 100.00 km
100 Kilometer

Category:
Senioren M60 (60-64)

Total time: 12:44:15

Speed: 7.85 km/h
Running performance: 7:38 min/km

Rank in course/Total: 56 (of 195)

Rank in course/Men: 47 (of 156)

Best time in course: 8:25:24

Rank in category: 3(of 28)

Best time in the category: 11:44:44

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	27.00	3:10:37	7:03	4	24:24	52	55:55	27.00	3:10:37	7:03	4	24:24	52	55:55
Floh-Seligenthal	27.00	3:11:32	7:05	4	14:46	46	59:39	54.00	6:22:09	7:04	4	39:10	46	1:55:34
Finsterbergen	22.00	fehlt!	-	-	-	-	-	76.00	-	-	-	-	-	-
Waltershausen	19.00	5:50:54	18:28	26	3:17:08	142	4:10:55	95.00	12:13:03	7:42	3	54:50	47	4:08:47
Fröttstädt	5.00	31:12	6:14	3	4:41	39	10:04	100.00	12:44:15	7:38	3	59:31	47	4:18:51