



16. thüringen ULTRA
Fröttstädt / 06.07.2024

Detailed evaluation

Eckhard Rump

Club: LG Oelde/Wadersloh
Number: 190

Course: 100.00 km
100 Kilometer

Category:
Senioren M60 (60-64)

Total time: 13:17:15

Speed: 7.53 km/h
Running performance: 7:58 min/km

Rank in course/Total: 71 (of 195)

Rank in course/Men: 60 (of 156)

Best time in course: 8:25:24

Rank in category: 6(of 28)

Best time in the category: 11:44:44

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	3:21:16	7:27	8	75	35:03	1:06:34	27.00	3:21:16	7:27	8	75	35:03	1:06:34
Floh-Seligenthal	27.00	3:24:44	7:34	7	67	27:58	1:12:51	54.00	6:46:00	7:31	7	71	1:03:01	2:19:25
Finsterbergen	22.00	3:11:56	8:43	4	49	23:43	1:17:00	76.00	9:57:56	7:52	5	59	1:15:13	3:36:25
Waltershausen	19.00	2:46:16	8:45	7	58	12:30	1:06:17	95.00	12:44:12	8:02	7	61	1:25:59	4:39:56
Fröttstädt	5.00	33:03	6:36	8	51	6:32	11:55	100.00	13:17:15	7:58	6	60	1:32:31	4:51:51