



16. thüringen ULTRA

Fröttstädt / 06.07.2024

Detailed evaluation

Sven-Eric Häger

Club: KNWB Niederlande
Number: 9

Course: 100.00 km
100 Kilometer

Category:
Senioren M60 (60-64)

Total time: 16:36:45

Speed: 6.02 km/h
Running performance: 9:58 min/km

Rank in course/Total: 176 (of 195)

Rank in course/Men: 139 (of 156)

Best time in course: 8:25:24

Rank in category: 24(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	4:03:34	9:01	25	1:17:21	151	1:48:52	27.00	4:03:34	9:01	25	1:17:21	151	1:48:52
Floh-Seligenthal	27.00	4:11:44	9:19	22	1:14:58	138	1:59:51	54.00	8:15:18	9:10	22	2:32:19	144	3:48:43
Finsterbergen	22.00	4:20:23	11:50	25	1:32:10	140	2:25:27	76.00	12:35:41	9:56	23	3:52:58	138	6:14:10
Waltershausen	19.00	3:25:46	10:49	23	52:00	121	1:45:47	95.00	16:01:27	10:07	24	4:43:14	140	7:57:11
Fröttstädt	5.00	35:18	7:03	12	8:47	73	14:10	100.00	16:36:45	9:58	24	4:52:01	139	8:11:21