



16. thüringen ULTRA  
Fröttstädt / 06.07.2024

Detailed evaluation

**Bernd Balsen**

Club: LG Mauerweg Berlin e.V.  
Number: 31

Course: 100.00 km  
100 Kilometer

Category:  
Senioren M60 (60-64)

Total time: 17:12:25

Speed: 5.81 km/h  
Running performance: 10:19 min/km

Rank in course/Total: 180 (of 195)

Rank in course/Men: 143 (of 156)

Best time in course: 8:25:24

Rank in category: 26(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 Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.00	4:25:51	9:50	27	1:39:38	153	2:11:09	27.00	4:25:51	9:50	27	1:39:38	153	2:11:09
Floh-Seligenthal	27.00	4:27:38	9:54	26	1:30:52	147	2:15:45	54.00	8:53:29	9:52	26	3:10:30	150	4:26:54
Finsterbergen	22.00	4:11:39	11:26	23	1:23:26	135	2:16:43	76.00	13:05:08	10:19	25	4:22:25	141	6:43:37
Waltershausen	19.00	3:18:49	10:27	21	45:03	112	1:38:50	95.00	16:23:57	10:21	25	5:05:44	142	8:19:41
Fröttstädt	5.00	48:28	9:41	25	21:57	135	27:20	100.00	17:12:25	10:19	26	5:27:41	143	8:47:01