



16. thüringen ULTRA
Fröttstädt / 06.07.2024

Detailed evaluation

Christian Post

Number: 92

Course: 100.00 km
100 Kilometer

Category:
Senioren M35 (35-39)

Total time: 11:43:46

Speed: 8.53 km/h

Running performance: 7:02 min/km

Rank in course/Total: 29 (of 195)

Rank in course/Men: 24 (of 156)

Best time in course: 8:25:24

Rank in category: 9(of 16)

Best time in the category: 9:18:20

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 | 3:00:20 | 6:40 | 10 | 45:12 | 30 | 45:38 | 27.00 | 3:00:20 | 6:40 | 10 | 45:12 | 30 | 45:38 |
| Floh-Seligenthal | 27.00 | 3:03:35 | 6:47 | 11 | 39:41 | 28 | 51:42 | 54.00 | 6:03:55 | 6:44 | 11 | 1:24:53 | 30 | 1:37:20 |
| Finsterbergen | 22.00 | 2:55:35 | 7:58 | 11 | 48:52 | 27 | 1:00:39 | 76.00 | 8:59:30 | 7:05 | 12 | 2:13:45 | 30 | 2:37:59 |
| Waltershausen | 19.00 | 2:17:30 | 7:14 | 8 | 24:55 | 17 | 37:31 | 95.00 | 11:17:00 | 7:07 | 9 | 2:24:26 | 24 | 3:12:44 |
| Fröttstädt | 5.00 | 26:46 | 5:21 | 3 | 5:34 | 14 | 5:38 | 100.00 | 11:43:46 | 7:02 | 9 | 2:25:26 | 24 | 3:18:22 |