



16. thüringen ULTRA
Fröttstädt / 06.07.2024

Detailed evaluation

Bjoern Koehler

Club: mit Rueckenwind und leicht bergab
Number: 159

Course: 100.00 km
100 Kilometer

Category:
Senioren M35 (35-39)

Total time: 12:15:53

Speed: 8.15 km/h
Running performance: 7:21 min/km

Rank in course/Total: 40 (of 195)

Rank in course/Men: 34 (of 156)

Best time in course: 8:25:24

Rank in category: 12(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	3:07:28	6:56	13	52:20	48	52:46	27.00	3:07:28	6:56	13	52:20	48	52:46
Floh-Seligenthal	27.00	3:10:25	7:03	14	46:31	44	58:32	54.00	6:17:53	6:59	13	1:38:51	42	1:51:18
Finsterbergen	22.00	2:55:32	7:58	10	48:49	26	1:00:36	76.00	9:13:25	7:16	13	2:27:40	34	2:51:54
Waltershausen	19.00	2:29:11	7:51	9	36:36	29	49:12	95.00	11:42:36	7:23	12	2:50:02	33	3:38:20
Fröttstädt	5.00	33:17	6:39	12	12:05	55	12:09	100.00	12:15:53	7:21	12	2:57:33	34	3:50:29