



# 16. thüringen ULTRA

Fröttstädt / 06.07.2024

## Detailed evaluation

Gunnar Meikstat

Number: 209

Course: 100.00 km  
100 Kilometer

Category:  
Senioren M40 (40-44)

Total time: 11:28:04

Speed: 8.72 km/h

Running performance: 6:52 min/km

Rank in course/Total: 23 (of 195)

Rank in course/Men: 19 (of 156)

Best time in course: 8:25:24

Rank in category: 6(of 15)

Best time in the category: 9:39:33

### 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	3:01:43	6:43	7	37:13	36	47:01	27.00	3:01:43	6:43	7	37:13	36	47:01
Floh-Seligenthal	27.00	2:47:49	6:12	6	18:51	15	35:56	54.00	5:49:32	6:28	6	49:36	23	1:22:57
Finsterbergen	22.00	2:46:05	7:32	6	31:56	20	51:09	76.00	8:35:37	6:47	6	1:15:15	19	2:14:06
Waltershausen	19.00	2:21:54	7:28	7	29:12	19	41:55	95.00	10:57:31	6:55	6	1:43:27	19	2:53:15
Fröttstädt	5.00	30:33	6:06	10	6:29	38	9:25	100.00	11:28:04	6:52	6	1:48:31	19	3:02:40