



16. thüringen ULTRA

Fröttstädt / 06.07.2024

Detailed evaluation

Kai Nitzsche

Club: TSV 1872 Pobershau
Number: 117

Course: 100.00 km
100 Kilometer

Category:
Senioren M40 (40-44)

Total time: 11:57:34

Speed: 8.36 km/h
Running performance: 7:10 min/km

Rank in course/Total: 34 (of 195)

Rank in course/Men: 29 (of 156)

Best time in course: 8:25:24

Rank in category: 8(of 15)

Best time in the category: 9:39:33

Control	Intermediate times			Stage score				Total ranking						
	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	3:14:05	7:11	10	49:35	59	59:23	27.00	3:14:05	7:11	10	49:35	59	59:23
Floh-Seligenthal	27.00	3:06:09	6:53	9	37:11	33	54:16	54.00	6:20:14	7:02	9	1:20:18	44	1:53:39
Finsterbergen	22.00	2:45:34	7:31	5	31:25	19	50:38	76.00	9:05:48	7:10	9	1:45:26	31	2:44:17
Waltershausen	19.00	2:21:39	7:27	6	28:57	18	41:40	95.00	11:27:27	7:14	8	2:13:23	29	3:23:11
Fröttstädt	5.00	30:07	6:01	9	6:03	35	8:59	100.00	11:57:34	7:10	8	2:18:01	29	3:32:10