



16. thüringen ULTRA  
Fröttstädt / 06.07.2024

Detailed evaluation

Frederik Trettin

Club: Twin hills Running  
Number: 63

Course: 100.00 km  
100 Kilometer

Category:  
Senioren M40 (40-44)

Total time: 12:43:38

Speed: 7.86 km/h  
Running performance: 7:38 min/km

Rank in course/Total: 54 (of 195)

Rank in course/Men: 46 (of 156)

Best time in course: 8:25:24

Rank in category: 11(of 15)

Best time in the category: 9:39:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	27.00	3:08:11	6:58	9	43:41	49	53:29	27.00	3:08:11	6:58	9	43:41	49	53:29
Floh-Seligenthal	27.00	3:20:02	7:24	11	51:04	57	1:08:09	54.00	6:28:13	7:11	11	1:28:17	55	2:01:38
Finsterbergen	22.00	3:17:39	8:59	11	1:03:30	60	1:22:43	76.00	9:45:52	7:42	11	2:25:30	50	3:24:21
Waltershausen	19.00	2:28:17	7:48	9	35:35	28	48:18	95.00	12:14:09	7:43	11	3:00:05	49	4:09:53
Fröttstädt	5.00	29:29	5:53	8	5:25	30	8:21	100.00	12:43:38	7:38	11	3:04:05	46	4:18:14