



16. thüringen ULTRA
Fröttstädt / 06.07.2024

Detailed evaluation

Rui Figueiredo

Number: 144

Course: 100.00 km
100 Kilometer

Category:
Senioren M45 (45-49)

Total time: 13:12:56

Speed: 7.57 km/h

Running performance: 7:55 min/km

Rank in course/Total: 69 (of 195)

Rank in course/Men: 59 (of 156)

Best time in course: 8:25:24

Rank in category: 4(of 13)

Best time in the category: 11:10:20

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	3:14:21	7:11	5	28:20	60	59:39	27.00	3:14:21	7:11	5	28:20	60	59:39
Floh-Seligenthal	27.00	3:21:29	7:27	6	29:25	61	1:09:36	54.00	6:35:50	7:19	5	57:45	60	2:09:15
Finsterbergen	22.00	3:11:02	8:41	4	30:20	45	1:16:06	76.00	9:46:52	7:43	4	1:28:05	51	3:25:21
Waltershausen	19.00	2:50:29	8:58	4	27:13	67	1:10:30	95.00	12:37:21	7:58	4	1:55:18	57	4:33:05
Fröttstädt	5.00	35:35	7:07	5	7:18	77	14:27	100.00	13:12:56	7:55	4	2:02:36	59	4:47:32