



16. thüringen ULTRA  
Fröttstädt / 06.07.2024

Detailed evaluation

Heiko Bauer

Club: Döbeln  
Number: 41

Course: 100.00 km  
100 Kilometer

Category:  
Senioren M50 (50-54)

Total time: 12:25:07

Speed: 8.05 km/h  
Running performance: 7:27 min/km

Rank in course/Total: 44 (of 195)

Rank in course/Men: 38 (of 156)

Best time in course: 8:25:24

Rank in category: 6(of 31)

Best time in the category: 11:28:32

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	3:01:34	6:43	5	14:28	35	46:52	27.00	3:01:34	6:43	5	14:28	35	46:52
Floh-Seligenthal	27.00	3:04:30	6:49	4	12:01	31	52:37	54.00	6:06:04	6:46	4	25:48	34	1:39:29
Finsterbergen	22.00	3:08:37	8:34	7	18:11	44	1:13:41	76.00	9:14:41	7:17	5	37:19	35	2:53:10
Waltershausen	19.00	2:40:04	8:25	6	16:17	43	1:00:05	95.00	11:54:45	7:31	6	53:36	37	3:50:29
Fröttstädt	5.00	30:22	6:04	9	4:16	36	9:14	100.00	12:25:07	7:27	6	56:35	38	3:59:43