



16. thüringen ULTRA
Fröttstädt / 06.07.2024

Detailed evaluation

Thomas Rüttinger

Number: 59

Course: 100.00 km
100 Kilometer

Category:
Senioren M50 (50-54)

Total time: 12:44:15

Speed: 7.85 km/h

Running performance: 7:38 min/km

Rank in course/Total: 55 (of 195)

Rank in course/Men: 47 (of 156)

Best time in course: 8:25:24

Rank in category: 9(of 31)

Best time in the category: 11:28:32

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	3:03:44	6:48	7	16:38	40	49:02	27.00	3:03:44	6:48	7	16:38	40	49:02
Floh-Seligenthal	27.00	3:16:52	7:17	10	24:23	50	1:04:59	54.00	6:20:36	7:02	9	40:20	45	1:54:01
Finsterbergen	22.00	3:11:34	8:42	8	21:08	46	1:16:38	76.00	9:32:10	7:31	7	54:48	46	3:10:39
Waltershausen	19.00	2:40:53	8:28	7	17:06	46	1:00:54	95.00	12:13:03	7:42	9	1:11:54	47	4:08:47
Fröttstädt	5.00	31:12	6:14	10	5:06	39	10:04	100.00	12:44:15	7:38	9	1:15:43	47	4:18:51