



16. thüringen ULTRA

Fröttstädt / 06.07.2024

Detailed evaluation

Ralf Methling

Club: Rennsteiglaufverein
Number: 185

Course: 100.00 km
100 Kilometer

Category:
Senioren M50 (50-54)

Total time: 13:12:53

Speed: 7.57 km/h
Running performance: 7:55 min/km

Rank in course/Total: 68 (of 195)

Rank in course/Men: 57 (of 156)

Best time in course: 8:25:24

Rank in category: 12(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	3:41:40	8:12	28	54:34	123	1:26:58	27.00	3:41:40	8:12	28	54:34	123	1:26:58
Floh-Seligenthal	27.00	3:17:28	7:18	11	24:59	51	1:05:35	54.00	6:59:08	7:45	20	1:18:52	92	2:32:33
Finsterbergen	22.00	2:50:26	7:44	1	-	23	55:30	76.00	9:49:34	7:45	11	1:12:12	53	3:28:03
Waltershausen	19.00	2:46:50	8:46	11	23:03	60	1:06:51	95.00	12:36:24	7:57	12	1:35:15	54	4:32:08
Fröttstädt	5.00	36:29	7:17	17	10:23	84	15:21	100.00	13:12:53	7:55	12	1:44:21	57	4:47:29