



16. thüringen ULTRA
Fröttstädt / 06.07.2024

Detailed evaluation

Ralf Scherbe

Club: SSV-MG-Ahlsdorf
Number: 106

Course: 100.00 km
100 Kilometer

Category:
Senioren M50 (50-54)

Total time: 13:52:52

Speed: 7.20 km/h
Running performance: 8:19 min/km

Rank in course/Total: 99 (of 195)

Rank in course/Men: 79 (of 156)

Best time in course: 8:25:24

Rank in category: 16(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	3:32:12	7:51	25	45:06	112	1:17:30	27.00	3:32:12	7:51	25	45:06	112	1:17:30
Floh-Seligenthal	27.00	3:26:35	7:39	15	34:06	70	1:14:42	54.00	6:58:47	7:45	19	1:18:31	91	2:32:12
Finsterbergen	22.00	fehlt!	-	-	-	-	-	76.00	-	-	-	-	-	-
Waltershausen	19.00	6:17:32	19:52	27	3:53:45	143	4:37:33	95.00	13:16:19	8:22	17	2:15:10	80	5:12:03
Fröttstädt	5.00	36:33	7:18	18	10:27	85	15:25	100.00	13:52:52	8:19	16	2:24:20	79	5:27:28