



16. thüringen ULTRA
Fröttstädt / 06.07.2024

Detailed evaluation

Kay Giese

Club: Post SV Buxtehude
Number: 6

Course: 100.00 km
100 Kilometer

Category:
Senioren M50 (50-54)

Total time: 14:29:15

Speed: 6.90 km/h
Running performance: 8:41 min/km

Rank in course/Total: 124 (of 195)

Rank in course/Men: 98 (of 156)

Best time in course: 8:25:24

Rank in category: 23(of 31)

Best time in the category: 11:28:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Glasbachwiese	27.00	3:24:02	7:33	18	36:56	87	1:09:20	27.00	3:24:02	7:33	18	36:56	87	1:09:20
Floh-Seligenthal	27.00	3:36:52	8:01	23	44:23	99	1:24:59	54.00	7:00:54	7:47	22	1:20:38	99	2:34:19
Finsterbergen	22.00	3:30:06	9:32	18	39:40	84	1:35:10	76.00	10:31:00	8:18	19	1:53:38	89	4:09:29
Waltershausen	19.00	3:11:24	10:04	20	47:37	100	1:31:25	95.00	13:42:24	8:39	23	2:41:15	92	5:38:08
Fröttstädt	5.00	46:51	9:22	27	20:45	130	25:43	100.00	14:29:15	8:41	23	3:00:43	98	6:03:51