



16. thüringen ULTRA

Fröttstädt / 06.07.2024

Detailed evaluation

Adrian Panse

Club: USV Erfurt
Number: 197

Course: 100.00 km
100 Kilometer

Category:
Senioren M30 (30-34)

Total time: 8:25:24

Speed: 11.87 km/h
Running performance: 5:03 min/km

Rank in course/Total: 1 (of 195)

Rank in course/Men: 1 (of 156)

Best time in course: 8:25:24

Rank in category: 1(of 8)

Best time in the category: 8:25:24

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	2:14:42	4:59	1	-	1	-	27.00	2:14:42	4:59	1	-	1	-
Floh-Seligenthal	27.00	2:11:53	4:53	1	-	1	-	54.00	4:26:35	4:56	1	-	1	-
Finsterbergen	22.00	1:54:56	5:13	1	-	1	-	76.00	6:21:31	5:01	1	-	1	-
Waltershausen	19.00	1:42:45	5:24	2	2:46	2	2:46	95.00	8:04:16	5:05	1	-	1	-
Fröttstädt	5.00	21:08	4:13	1	-	1	-	100.00	8:25:24	5:03	1	-	1	-