



16. thüringen ULTRA
Fröttstädt / 06.07.2024

Detailed evaluation

Ralf Lessig

Club: SG Dresdner Bank
Number: 164

Course: 100.00 km
100 Kilometer

Category:
Senioren M55 (55-59)

Total time: 9:29:56

Speed: 10.53 km/h
Running performance: 5:41 min/km

Rank in course/Total: 6 (of 195)

Rank in course/Men: 6 (of 156)

Best time in course: 8:25:24

Rank in category: 1(of 30)

Best time in the category: 9:29:56

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	fehlt!	-	-	-	-	-	27.00	-	-	-	-	-	-
Floh-Seligenthal	27.00	5:00:11	11:07	29	1:53:10	152	2:48:18	54.00	5:00:11	5:33	1	-	8	33:36
Finsterbergen	22.00	2:14:37	6:07	1	-	7	19:41	76.00	7:14:48	5:43	1	-	6	53:17
Waltershausen	19.00	1:52:58	5:56	1	-	6	12:59	95.00	9:07:46	5:45	1	-	7	1:03:30
Fröttstädt	5.00	22:10	4:26	1	-	5	1:02	100.00	9:29:56	5:41	1	-	6	1:04:32