



16. thüringen ULTRA  
Fröttstädt / 06.07.2024

Detailed evaluation

Helge Fritzschner

Club: Laufftreff Breitungen  
Number: 163

Course: 100.00 km  
100 Kilometer

Category:  
Senioren M55 (55-59)

Total time: 12:51:27

Speed: 7.78 km/h  
Running performance: 7:42 min/km

Rank in course/Total: 58 (of 195)

Rank in course/Men: 50 (of 156)

Best time in course: 8:25:24

Rank in category: 4(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	3:00:28	6:41	4	2:54	31	45:46	27.00	3:00:28	6:41	4	2:54	31	45:46
Floh-Seligenthal	27.00	3:15:16	7:13	3	8:15	49	1:03:23	54.00	6:15:44	6:57	4	1:15:33	40	1:49:09
Finsterbergen	22.00	3:15:26	8:52	5	1:00:49	55	1:20:30	76.00	9:31:10	7:30	4	2:16:22	45	3:09:39
Waltershausen	19.00	2:45:10	8:41	8	52:12	57	1:05:11	95.00	12:16:20	7:45	4	3:08:34	50	4:12:04
Fröttstädt	5.00	35:07	7:01	7	12:57	68	13:59	100.00	12:51:27	7:42	4	3:21:31	50	4:26:03