



16. thüringen ULTRA
Fröttstädt / 06.07.2024

Detailed evaluation

Bernward Münster

Club: Köln
Number: 32

Course: 100.00 km
100 Kilometer

Category:
Senioren M55 (55-59)

Total time: 13:22:25

Speed: 7.48 km/h
Running performance: 8:01 min/km

Rank in course/Total: 74 (of 195)

Rank in course/Men: 63 (of 156)

Best time in course: 8:25:24

Rank in category: 6(of 30)

Best time in the category: 9:29:56

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos | | Behind | | Total | | | Pos | | Behind | |
|------------------|-------------|---------------|-----------------|------|---------|--------|---------|--------|----------|--------|------|---------|--------|---------|
| | | | | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Glasbachwiese | 27.00 | 3:15:23 | 7:14 | 7 | 17:49 | 62 | 1:00:41 | 27.00 | 3:15:23 | 7:14 | 7 | 17:49 | 62 | 1:00:41 |
| Floh-Seligenthal | 27.00 | 3:30:52 | 7:48 | 11 | 23:51 | 85 | 1:18:59 | 54.00 | 6:46:15 | 7:31 | 10 | 1:46:04 | 74 | 2:19:40 |
| Finsterbergen | 22.00 | 3:19:27 | 9:03 | 7 | 1:04:50 | 64 | 1:24:31 | 76.00 | 10:05:42 | 7:58 | 8 | 2:50:54 | 66 | 3:44:11 |
| Waltershausen | 19.00 | 2:41:37 | 8:30 | 6 | 48:39 | 48 | 1:01:38 | 95.00 | 12:47:19 | 8:04 | 7 | 3:39:33 | 63 | 4:43:03 |
| Fröttstädt | 5.00 | 35:06 | 7:01 | 6 | 12:56 | 66 | 13:58 | 100.00 | 13:22:25 | 8:01 | 6 | 3:52:29 | 63 | 4:57:01 |