



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