



14. thüringen ULTRA  
Fröttstädt / 02.07.2022

Detailed evaluation

**Marcin PROKOPOWICZ**

Club: 3:33 Team  
Number: 160

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M40 (40-44 Jahre)

Total time: 13:26:37

Speed: 7.45 km/h  
Running performance: 8:02 min/km

Rank in course/Total: 94 (of 187)

Rank in course/Men: 82 (of 159)

Best time in course: 8:24:01

Rank in category: 14(of 21)

Best time in the category: 9:38:29

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	3:21:42	7:28	13	54:03	86	1:13:55	27.00	3:21:42	7:28	13	54:03	86	1:13:55
Floh-Seligenthal	27.00	3:24:45	7:34	14	51:16	78	1:10:07	54.00	6:46:27	7:31	13	1:38:49	81	2:24:02
Finsterbergen	22.00	3:23:10	9:14	13	1:08:53	91	1:26:54	76.00	10:09:37	8:01	14	2:47:42	86	3:50:56
Finish	24.22	3:17:00	8:08	13	1:00:54	74	3:17:00	100.22	13:26:37	8:02	14	3:48:08	82	5:02:36