



2. ThüringenULTRA  
Fröttstädt / 05.07.2008

Detailed evaluation

Lukasik, Jo

Club: Tegelen  
Number: 65

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 12:59:10

Speed: 7.70 km/h  
Running performance: 7:47 min/km

Rank in course/Total: 89 (of 141)

Rank in course/Men: 78 (of 121)

Best time in course: 8:44:09

Rank in category: 13(of 25)

Best time in the category: 10:19:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	24.00	2:46:56	6:57	10	34:21	66	47:22	24.00	2:46:56	6:57	1	-	77	47:22
Floh-Seligenthal	26.40	3:09:15	7:10	12	30:56	72	57:43	50.40	5:56:11	7:04	1	-	77	1:45:05
Finsterbergen	24.00	3:23:35	8:28	16	50:14	87	1:08:49	74.40	9:19:46	7:31	1	-	76	2:53:54
Fröttstädt	25.60	3:39:24	8:34	15	1:02:49	75	1:21:07	100.00	12:59:10	7:47	13	2:39:49	79	4:15:01