



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Lempken, Uwe

Club: Homberger TV
Number: 223

Course: 99.83 km
Thüringen Ultra

Category:
Männer M45

Total time: 14:18:22

Speed: 6.92 km/h
Running performance: 8:36 min/km

Rank in course/Total: 134 (of 212)

Rank in course/Men: 121 (of 185)

Best time in course: 8:36:39

Rank in category: 34(of 54)

Best time in the category: 10:20:33

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total			Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.		Cat.	Men	Men				
Ruhlaer Skihütte	23.96	3:00:54	7:33	44	49:33	148	1:04:55	23.96	3:00:54	7:33	14	11:53	137	1:16
Floh-Seligenthal	26.92	3:20:56	7:27	38	53:26	128	1:11:22	50.88	6:21:50	7:30	14	7:53	137	10:51
Finsterbergen	24.12	4:02:52	10:04	39	1:53:16	140	1:53:16	75.00	10:24:42	8:19	12		127	4:04:51
Fröttstädt	24.83	3:53:40	9:24	27	2:41:10	90	2:41:10	99.83	14:18:22	8:35	36	6:54:53	125	8:28:46