



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Lempken, Uwe

Club: Homberger TV
Number: 161

Course: 100.00 km
Thüringen Ultra

Category:
Männer M50

Total time: 12:39:28

Speed: 7.90 km/h
Running performance: 7:35 min/km

Rank in course/Total: 98 (of 176)

Rank in course/Men: 85 (of 140)

Best time in course: 8:21:21

Rank in category: 17(of 24)

Best time in the category: 9:30:28

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 | 23.96 | 3:02:57 | 7:38 | 18 | 45:04 | 102 | 59:37 | 23.96 | 3:02:57 | 7:38 | 8 | 35:28 | 89 | 22:23 |
| Floh-Seligenthal | 26.92 | 3:12:14 | 7:08 | 18 | 44:15 | 96 | 1:06:18 | 50.88 | 6:15:11 | 7:22 | 8 | 43:27 | 89 | 20:45 |
| Finsterbergen | 24.12 | 3:05:25 | 7:41 | 13 | 47:10 | 67 | 59:15 | 75.00 | 9:20:36 | 7:28 | 8 | 49:22 | 85 | 3:05:10 |
| Fröttstädt | 25.00 | 3:18:52 | 7:57 | 15 | 52:31 | 79 | 1:13:27 | 100.00 | 12:39:28 | 7:35 | 17 | 3:09:00 | 85 | 4:18:07 |