



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