



6. thüringen ULTRA
Fröttstädt / 07.07.2012

Detailed evaluation

Lempken, Uwe

Club: NHomberger TV
Number: 195

Course: 100.22 km
Thüringen Ultra

Category:
Männer M50

Total time: 13:19:04

Speed: 7.51 km/h
Running performance: 7:58 min/km

Rank in course/Total: 124 (of 191)

Rank in course/Men: 116 (of 175)

Best time in course: 8:42:52

Rank in category: 26(of 34)

Best time in the category: 10:16:14

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.39	3:12:34	7:01	22	37:26	101	51:14	27.39	3:12:34	7:01	1	-	122	
Floh-Seligenthal	27.74	3:24:29	7:22	25	49:20	118	1:07:52	55.13	6:37:03	7:12	1	-	121	56:09
Finsterbergen	22.03	3:13:47	8:47	23	50:33	110	1:16:48	77.16	9:50:50	7:39	1	-	117	3:15:52
Fröttstädt	23.06	3:28:14	9:01	26	59:38	128	1:26:49	100.22	13:19:04	7:58	26	3:02:50	116	4:36:12