



Detailed evaluation

Lauchstedt, Jörg

Club: usv jena
Number: 111

Course: 100.22 km
Thüringen Ultra

Category:
Männer M30

Total time: 9:45:26

Speed: 10.27 km/h
Running performance: 5:50 min/km

Rank in course/Total: 9 (of 191)

Rank in course/Men: 9 (of 175)

Best time in course: 8:42:52

Rank in category: 3(of 14)

Best time in the category: 9:34:24

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	27.39	2:29:27	5:27	3	8:07	9	8:07	27.39	2:29:27	5:27	4			14
Floh-Seligenthal	27.74	2:35:20	5:35	3	11:23	13	18:43	55.13	5:04:47	5:31	3	16:03		13
Finsterbergen	22.03	2:17:57	6:15	1	-	11	20:58	77.16	7:22:44	5:44	3	7:31	9	47:46
Fröttstädt	23.06	2:22:42	6:11	2	3:31	11	21:17	100.22	9:45:26	5:50	3	11:02	9	1:02:34