



## Detailed evaluation

**Lohrke, Ralf**

Club: Werne  
Number: 132

Course: 100.22 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 11:09:41

Speed: 8.96 km/h  
Running performance: 6:41 min/km

Rank in course/Total: 51 (of 191)

Rank in course/Men: 50 (of 175)

Best time in course: 8:42:52

Rank in category: 17(of 43)

Best time in the category: 9:44:22

### 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	2:50:30	6:13	14	23:26	49	29:10	27.39	2:50:30	6:13	39		56	
Floh-Seligenthal	27.74	2:51:12	6:10	12	24:59	39	34:35	55.13	5:41:42	6:11	39		55	0:48
Finsterbergen	22.03	2:43:42	7:25	21	31:37	55	46:43	77.16	8:25:24	6:33	39		51	1:50:26
Fröttstädt	23.06	2:44:17	7:07	18	34:27	58	42:52	100.22	11:09:41	6:40	17	1:25:19	50	2:26:49