



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Lems, Hans

Club: NTB

Number: 216

Course: 100.00 km

Thüringen Ultra

Category:

Senioren M50 (50-54 Jahre)

Total time: 12:21:49

Speed: 8.09 km/h

Running performance: 7:25 min/km

Rank in course/Total: 103 (of 272)

Rank in course/Men: 94 (of 235)

Best time in course: 7:55:46

Rank in category: 21(of 58)

Best time in the category: 8:38:40

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
Glasbachwiese	25.00	3:28:46	8:21	40	1:00:01	167	1:16:59	25.00	3:28:46	8:21	53		105	1:16:59
Floh-Seligenthal	25.00	3:25:40	8:13	33	1:07:11	145	1:20:42	50.00	6:54:26	8:17	8		102	2:37:41
Finsterbergen	25.00	2:48:38	6:44	14	57:28	73	1:00:42	75.00	9:43:04	7:46	49		96	3:38:23
Fröttstädt	25.00	2:38:45	6:20	9	39:57	42	47:40	100.00	12:21:49	7:25	21	3:43:09	94	4:26:03