



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Lohrke, Ralf

Club: Werne  
Number: 158

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M45 (45-49 Jahre)

Total time: 13:53:53

Speed: 7.20 km/h  
Running performance: 8:20 min/km

Rank in course/Total: 184 (of 272)

Rank in course/Men: 164 (of 235)

Best time in course: 7:55:46

Rank in category: 37(of 54)

Best time in the category: 9:26:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Glasbachwiese	25.00	3:11:56	7:40	26	45:16	111	1:00:09	25.00	3:11:56	7:40	13		175	1:00:09
Floh-Seligenthal	25.00	3:48:43	9:08	49	1:21:32	205	1:43:45	50.00	7:00:39	8:24	13	5:42	172	2:43:54
Finsterbergen	25.00	3:23:30	8:08	37	1:09:12	161	1:35:34	75.00	10:24:09	8:19	13	8:03	165	4:19:28
Fröttstädt	25.00	3:29:44	8:23	36	1:17:44	156	1:38:39	100.00	13:53:53	8:20	37	4:27:09	164	5:58:07