



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Lempken, Uwe (Geburtsjahr fehlt)

Club: Homberger TV
Number: 245

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 14:05:32

Speed: 7.10 km/h
Running performance: 8:28 min/km

Rank in course/Total: 190 (of 272)

Rank in course/Men: 168 (of 235)

Best time in course: 7:55:46

Rank in category: 38(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 Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	25.00	3:26:54	8:16	40	1:00:14	160	1:15:07	25.00	3:26:54	8:16	1	-	180	1:15:07
Floh-Seligenthal	25.00	3:28:03	8:19	38	1:00:52	156	1:23:05	50.00	6:54:57	8:17	1	-	177	2:38:12
Finsterbergen	25.00	3:21:09	8:02	35	1:06:51	154	1:33:13	75.00	10:16:06	8:12	1	-	169	4:11:25
Fröttstädt	25.00	3:49:26	9:10	43	1:37:26	188	1:58:21	100.00	14:05:32	8:27	38	4:38:48	168	6:09:46