



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Lems, Hans

Club: ntb

Number: 150

Course: 100.00 km

Thüringen Ultra

Category:

Senioren M50 (50-54 Jahre)

Total time: 13:06:03

Speed: 7.63 km/h

Running performance: 7:52 min/km

Rank in course/Total: 119 (of 272)

Rank in course/Men: 104 (of 232)

Best time in course: 8:54:18

Rank in category: 30(of 67)

Best time in the category: 8:54:18

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	27.39	3:28:22	7:36	47	1:18:41	154	1:18:41	27.39	3:28:22	7:36	66		116	1:18:41
Floh-Seligenthal	27.74	3:20:28	7:13	36	58:26	116	1:01:11	55.13	6:48:50	7:24	66		116	2:17:07
Finsterbergen	22.03	3:06:35	8:28	26	54:21	97	1:00:07	77.16	9:55:25	7:42	64		110	3:11:28
Fröttstädt	22.84	3:10:38	8:20	21	1:00:17	85	1:06:58	100.00	13:06:03	7:51	30	4:11:45	104	4:11:45