



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Lenz, Gunther

Club: Erfurt
Number: 303

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M55 (55-59 Jahre)

Total time: 14:04:36

Speed: 7.10 km/h
Running performance: 8:27 min/km

Rank in course/Total: 167 (of 272)

Rank in course/Men: 144 (of 232)

Best time in course: 8:54:18

Rank in category: 17(of 25)

Best time in the category: 10:20:32

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	3:19:06	7:16	12	47:12	120	1:09:25	27.39	3:19:06	7:16	9		139	1:09:25
Floh-Seligenthal	27.74	3:28:23	7:30	14	52:43	133	1:09:06	55.13	6:47:29	7:23	9		156	2:15:46
Finsterbergen	22.03	3:34:39	9:44	19	1:13:52	159	1:28:11	77.16	10:22:08	8:03	9		150	3:38:11
Fröttstädt	22.84	3:42:28	9:44	19	1:18:13	164	1:38:48	100.00	14:04:36	8:26	17	3:44:04	144	5:10:18