



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Lukas, Stefan

Club: Loss Loofe
Number: 14

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M40 (40-44 Jahre)

Total time: 14:25:17

Speed: 6.93 km/h
Running performance: 8:39 min/km

Rank in course/Total: 187 (of 272)

Rank in course/Men: 159 (of 232)

Best time in course: 8:54:18

Rank in category: 23(of 36)

Best time in the category: 8:59:27

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	27.39	3:36:17	7:53	30	1:08:33	182	1:26:36	27.39	3:36:17	7:53	7	14:34	171	1:26:36
Floh-Seligenthal	27.74	3:42:31	8:01	24	1:20:57	165	1:23:14	55.13	7:18:48	7:57	7	6:10	171	2:47:05
Finsterbergen	22.03	3:31:30	9:36	24	1:25:02	152	1:25:02	77.16	10:50:18	8:25	7	0:01	165	4:06:21
Fröttstädt	22.84	3:34:59	9:24	22	1:31:19	137	1:31:19	100.00	14:25:17	8:39	23	5:25:50	159	5:30:59