



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Lempken, Uwe

Club: Homberger TV
Number: 261

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M50 (50-54 Jahre)

Total time: 15:19:36

Speed: 6.52 km/h
Running performance: 9:12 min/km

Rank in course/Total: 216 (of 272)

Rank in course/Men: 186 (of 232)

Best time in course: 8:54:18

Rank in category: 58(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 | 3:27:39 | 7:34 | 46 | 1:17:58 | 151 | 1:17:58 | 27.39 | 3:27:39 | 7:34 | 25 | | 199 | 1:17:58 |
| Floh-Seligenthal | 27.74 | 3:46:40 | 8:10 | 54 | 1:24:38 | 179 | 1:27:23 | 55.13 | 7:14:19 | 7:52 | 25 | 7:59 | 199 | 2:42:36 |
| Finsterbergen | 22.03 | 4:10:36 | 11:22 | 63 | 1:58:22 | 211 | 2:04:08 | 77.16 | 11:24:55 | 8:52 | 27 | 0:33 | 193 | 4:40:58 |
| Fröttstädt | 22.84 | 3:54:41 | 10:16 | 54 | 1:44:20 | 179 | 1:51:01 | 100.00 | 15:19:36 | 9:11 | 58 | 6:25:18 | 186 | 6:25:18 |