



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