



9. Thüringer ULTRA  
Fröttstädt / 04.07.2015

Detailed evaluation

Lohrke, Ralf

Club: Werne  
Number: 40

Course: 100.22 km  
Einzellauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 13:43:05

Speed: 7.31 km/h  
Running performance: 8:13 min/km

Rank in course/Total: 77 (of 246)

Rank in course/Men: 71 (of 215)

Best time in course: 8:53:45

Rank in category: 11(of 59)

Best time in the category: 9:28:47

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	2:55:12	6:23	8	37:59	50	44:15	27.39	2:55:12	6:23	8	37:59	50	44:15
Floh-Seligenthal	27.74	3:13:34	6:58	15	51:19	73	51:54	55.13	6:08:46	6:41	10	1:29:18	55	1:36:09
Finsterbergen	22.03	3:39:17	9:57	20	1:17:26	96	1:49:43	77.16	9:48:03	7:37	11	2:46:44	69	3:03:40
Fröttstädt	23.06	3:55:02	10:11	14	1:27:34	81	1:45:40	100.22	13:43:05	8:12	11	4:14:18	71	4:49:20