



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Lempken, Uwe

Club: Homberger TV
Number: 258

Course: 100.22 km
Einzellauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 15:35:02

Speed: 6.42 km/h
Running performance: 9:20 min/km

Rank in course/Total: 134 (of 246)

Rank in course/Men: 121 (of 215)

Best time in course: 8:53:45

Rank in category: 31(of 59)

Best time in the category: 9:28:47

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	3:33:52	7:48	45	1:16:39	150	1:22:55	27.39	3:33:52	7:48	45	1:16:39	150	1:22:55
Floh-Seligenthal	27.74	3:47:58	8:13	40	1:25:43	149	1:26:18	55.13	7:21:50	8:00	41	2:42:22	144	2:49:13
Finsterbergen	22.03	4:02:41	11:00	35	1:40:50	131	2:13:07	77.16	11:24:31	8:52	40	4:23:12	137	4:40:08
Fröttstädt	23.06	4:10:31	10:51	20	1:43:03	102	2:01:09	100.22	15:35:02	9:19	31	6:06:15	121	6:41:17