



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Lengdobler, Achim

Club: Victoria Lauenau
Number: 247

Course: 100.22 km
Einzellauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 16:10:46

Speed: 6.18 km/h
Running performance: 9:41 min/km

Rank in course/Total: 154 (of 246)

Rank in course/Men: 137 (of 215)

Best time in course: 8:53:45

Rank in category: 26(of 37)

Best time in the category: 9:49:27

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	3:35:14	7:51	25	1:24:17	155	1:24:17	27.39	3:35:14	7:51	25	1:24:17	155	1:24:17
Floh-Seligenthal	27.74	3:44:55	8:06	26	1:23:15	139	1:23:15	55.13	7:20:09	7:59	26	2:47:32	143	2:47:32
Finsterbergen	22.03	4:20:32	11:49	30	1:54:45	163	2:30:58	77.16	11:40:41	9:04	27	4:32:27	145	4:56:18
Fröttstädt	23.06	4:30:05	11:42	29	2:00:51	141	2:20:43	100.22	16:10:46	9:41	26	6:21:19	137	7:17:01