



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Geske, Lutz

Club: TEA Barnstorf
Number: 1015

Course: 160.00 km
100 Meilen

Category:
Senioren M45 (45-49 Jahre)

Total time: 22:30:23

Speed: 7.11 km/h
Running performance: 8:26 min/km

Rank in course/Total: 18 (of 108)

Rank in course/Men: 16 (of 98)

Best time in course: 17:27:33

Rank in category: 6(of 15)

Best time in the category: 17:27:33

Control	Intermediate times				Stage score				Total ranking					
	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
Hörselberg	42.50	4:53:45	6:54	8	57:58	37	57:58	42.50	4:53:45	6:54	16	57:58	94	57:58
Sontra	27.50	5:01:17	10:57	9	1:36:24	58	1:58:15	70.00	9:55:02	8:30	16	2:34:22	91	2:34:22
Glasbachwiese	17.00	2:41:08	9:28	5	26:44	15	48:16	87.00	12:36:10	8:41	16	3:01:06	89	3:01:06
Gensberg/Brotte	13.00	2:10:09	10:00	5	24:12	11	24:12	100.00	14:46:19	8:51	16	3:25:18	80	3:25:18
Floh-Seligenthal	14.00	1:36:44	6:54	8	31:30	43	31:30	114.00	16:23:03	8:37	15	3:56:48	78	3:56:48
Finsterbergen	22.00	3:01:52	8:16	5	30:32	9	30:32	136.00	19:24:55	8:33	15	4:27:20	73	4:27:20
Prefinish	23.50	3:04:12	7:50	6	35:26	12	35:26	159.50	22:29:07	8:27	14	5:02:46	71	5:02:46
Fröttstädt	0.50	1:16	2:31	4	0:07	6	0:10	160.00	22:30:23	8:26	6	5:02:50	16	5:02:50