



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

Detailed evaluation

Lakmann, Uwe

Club: Weyher Lauftreff  
Number: 122

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M45 (45-49 Jahre)

Total time: 13:26:04

Speed: 7.44 km/h  
Running performance: 8:02 min/km

Rank in course/Total: 102 (of 216)

Rank in course/Men: 87 (of 181)

Best time in course: 8:48:12

Rank in category: 23(of 43)

Best time in the category: 9:49:30

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	27.00	3:33:26	7:54	28	56:30	116	1:08:14	27.00	3:33:26	7:54	28	56:30	115	1:08:14
Floh-Seligenthal	27.00	3:22:25	7:29	21	49:11	79	1:01:25	54.00	6:55:51	7:42	23	1:44:34	94	2:09:39
Finsterbergen	22.00	3:05:41	8:26	23	51:57	74	1:05:39	76.00	10:01:32	7:54	23	2:27:54	86	3:12:26
Prefinish	23.70	3:23:04	8:34	25	1:11:58	102	1:25:01	99.70	13:24:36	8:04	23	3:36:14	87	4:37:27
Fröttstädt	0.50	1:28	2:55	22	0:25	84	0:29	100.20	13:26:04	8:02	23	3:36:34	87	4:37:52