



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Lenz, Gunther

Club: Lauffeuer Fröttstädt
Number: 194

Course: 100.20 km
100 Kilometer

Category:
Senioren M60 (60-64 Jahre)

Total time: 13:46:30

Speed: 7.26 km/h
Running performance: 8:15 min/km

Rank in course/Total: 118 (of 216)

Rank in course/Men: 101 (of 181)

Best time in course: 8:48:12

Rank in category: 3(of 8)

Best time in the category: 11:18:36

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	3:52:30	8:36	4	53:30	153	1:27:18	27.00	3:52:30	8:36	4	53:30	152	1:27:18
Floh-Seligenthal	27.00	3:15:31	7:14	3	20:56	66	54:31	54.00	7:08:01	7:55	3	1:14:26	103	2:21:49
Finsterbergen	22.00	3:21:27	9:09	3	48:17	107	1:21:25	76.00	10:29:28	8:16	3	2:02:43	106	3:40:22
Prefinish	23.70	3:15:27	8:14	3	44:00	91	1:17:24	99.70	13:44:55	8:16	3	2:27:45	101	4:57:46
Fröttstädt	0.50	1:35	3:09	3	0:09	113	0:36	100.20	13:46:30	8:14	3	2:27:54	101	4:58:18