



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Lengdobler, Achim

Club: Victoria Lauenau
Number: 196

Course: 100.20 km
100 Kilometer

Category:
Senioren M45 (45-49 Jahre)

Total time: 14:04:30

Speed: 7.12 km/h
Running performance: 8:26 min/km

Rank in course/Total: 126 (of 216)

Rank in course/Men: 106 (of 181)

Best time in course: 8:48:12

Rank in category: 25(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	3:31:49	7:50	27	54:53	108	1:06:37	27.00	3:31:49	7:50	27	54:53	107	1:06:37
Floh-Seligenthal	27.00	3:39:05	8:06	27	1:05:51	110	1:18:05	54.00	7:10:54	7:58	26	1:59:37	109	2:24:42
Finsterbergen	22.00	3:20:14	9:06	28	1:06:30	103	1:20:12	76.00	10:31:08	8:18	25	2:57:30	108	3:42:02
Prefinish	23.70	3:31:48	8:56	28	1:20:42	112	1:33:45	99.70	14:02:56	8:27	25	4:14:34	106	5:15:47
Fröttstädt	0.50	1:34	3:07	29	0:31	109	0:35	100.20	14:04:30	8:25	25	4:15:00	106	5:16:18