



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Lech, Hardy

Club: Supervision&Coaching Oberhausen
Number: 1115

Course: 160.00 km
100 Meilen

Category:
Senioren M60 (60-64 Jahre)

Total time: 24:23:17

Speed: 6.56 km/h
Running performance: 9:09 min/km

Rank in course/Total: 39 (of 108)

Rank in course/Men: 36 (of 98)

Best time in course: 17:27:33

Rank in category: 3(of 9)

Best time in the category: 23:39:03

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
Hörselberg	42.50	5:19:37	7:31	4	41:14	63	1:23:50	42.50	5:19:37	7:31	10	41:14	94	1:23:50
Sontra	27.50	4:49:07	10:30	3	42:37	40	1:46:05	70.00	10:08:44	8:41	10	44:19	91	2:48:04
Glasbachwiese	17.00	2:58:58	10:31	2	8:58	41	1:06:06	87.00	13:07:42	9:03	9	32:23	89	3:32:38
Gensberg/Brotte	13.00	2:19:48	10:45	1	-	25	33:51	100.00	15:27:30	9:16	9	18:53	80	4:06:29
Floh-Seligenthal	14.00	1:38:34	7:02	3	11:16	51	33:20	114.00	17:06:04	9:00	9	22:37	78	4:39:49
Finsterbergen	22.00	3:40:13	10:00	2	8:50	35	1:08:53	136.00	20:46:17	9:09	9	17:35	73	5:48:42
Prefinish	23.50	3:35:20	9:09	2	26:27	32	1:06:34	159.50	24:21:37	9:09	8	44:02	71	6:55:16
Fröttstädt	0.50	1:40	3:20	3	0:13	34	0:34	160.00	24:23:17	9:08	3	44:14	36	6:55:44