



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Lempken, Uwe

Club: Homberger TV
Number: 191

Course: 100.20 km
100 Kilometer

Category:
Senioren M55 (55-59 Jahre)

Total time: 14:36:50

Speed: 6.84 km/h
Running performance: 8:45 min/km

Rank in course/Total: 144 (of 216)

Rank in course/Men: 121 (of 181)

Best time in course: 8:48:12

Rank in category: 18(of 28)

Best time in the category: 9:25:18

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	3:31:46	7:50	16	58:30	107	1:06:34	27.00	3:31:46	7:50	16	58:30	106	1:06:34
Floh-Seligenthal	27.00	3:39:00	8:06	18	1:12:23	109	1:18:00	54.00	7:10:46	7:58	17	2:10:53	108	2:24:34
Finsterbergen	22.00	3:35:38	9:48	19	1:22:03	133	1:35:36	76.00	10:46:24	8:30	18	3:32:56	114	3:57:18
Prefinish	23.70	3:48:41	9:38	22	1:38:05	132	1:50:38	99.70	14:35:05	8:46	18	5:11:01	120	5:47:56
Fröttstädt	0.50	1:45	3:30	21	0:32	132	0:46	100.20	14:36:50	8:45	18	5:11:32	121	5:48:38