



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Lohrke, Ralf

Club: Ultra-Trödeltruppe
Number: 1005

Course: 160.00 km
100 Meilen

Category:
Senioren M50 (50-54 Jahre)

Total time: 23:47:37

Speed: 6.72 km/h
Running performance: 8:55 min/km

Rank in course/Total: 30 (of 108)

Rank in course/Men: 27 (of 98)

Best time in course: 17:27:33

Rank in category: 8(of 30)

Best time in the category: 20:42:51

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Hörselberg	42.50	4:45:04	6:42	8	49:17	31	49:17	42.50	4:45:04	6:42	28	49:17	94	49:17
Sontra	27.50	4:57:44	10:49	13	1:21:28	54	1:54:42	70.00	9:42:48	8:19	26	2:10:45	91	2:22:08
Glasbachwiese	17.00	3:07:06	11:00	14	43:20	53	1:14:14	87.00	12:49:54	8:50	26	2:35:40	89	3:14:50
Gensberg/Brotte	13.00	2:28:48	11:26	9	27:53	37	42:51	100.00	15:18:42	9:11	22	2:06:04	80	3:57:41
Floh-Seligenthal	14.00	1:31:37	6:32	11	11:58	33	26:23	114.00	16:50:19	8:51	22	2:16:13	78	4:24:04
Finsterbergen	22.00	3:30:00	9:32	11	28:46	28	58:40	136.00	20:20:19	8:58	20	2:44:59	73	5:22:44
Prefinish	23.50	3:25:33	8:44	7	23:21	28	56:47	159.50	23:45:52	8:56	20	3:04:28	71	6:19:31
Fröttstädt	0.50	1:45	3:30	9	0:27	39	0:39	160.00	23:47:37	8:55	8	3:04:46	27	6:20:04