



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Lenz, Florian

Club: SC Fortuna Erfurt e. V.
Number: 193

Course: 100.20 km
100 Kilometer

Category:
Senioren M30 (30-34 Jahre)

Total time: 16:48:11

Speed: 5.95 km/h
Running performance: 10:04 min/km

Rank in course/Total: 195 (of 216)

Rank in course/Men: 163 (of 181)

Best time in course: 8:48:12

Rank in category: 6(of 6)

Best time in the category: 9:52:57

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total			Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.		Men	Men	km				
Glasbachwiese	27.00	3:52:30	8:36	6	1:19:14	153	1:27:18	27.00	3:52:30	8:36	6	1:19:14	152	1:27:18
Floh-Seligenthal	27.00	4:35:13	10:11	6	1:57:22	170	2:14:13	54.00	8:27:43	9:24	6	3:16:36	168	3:41:31
Finsterbergen	22.00	3:49:36	10:26	6	1:25:10	148	1:49:34	76.00	12:17:19	9:42	6	4:41:46	157	5:28:13
Prefinish	23.70	4:28:25	11:19	6	2:12:10	161	2:30:22	99.70	16:45:44	10:05	6	6:53:56	162	7:58:35
Fröttstädt	0.50	2:27	4:54	6	1:28	159	1:28	100.20	16:48:11	10:03	6	6:55:14	163	7:59:59