



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

Detailed evaluation

Lessig, Ralf

Club: SG Dresdner Bank  
Number: 77

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M45 (45-49 Jahre)

Total time: 10:24:07

Speed: 9.61 km/h  
Running performance: 6:14 min/km

Rank in course/Total: 14 (of 216)

Rank in course/Men: 13 (of 181)

Best time in course: 8:48:12

Rank in category: 4(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.00	2:36:56	5:48	1	-	7	11:44	27.00	2:36:56	5:48	1	-	7	11:44
Floh-Seligenthal	27.00	2:41:08	5:58	4	7:54	11	20:08	54.00	5:18:04	5:53	3	6:47	10	31:52
Finsterbergen	22.00	2:39:30	7:15	6	25:46	30	39:28	76.00	7:57:34	6:17	3	23:56	10	1:08:28
Prefinish	23.70	2:25:25	6:08	5	14:19	15	27:22	99.70	10:22:59	6:14	4	34:37	12	1:35:50
Fröttstädt	0.50	1:08	2:15	2	0:05	5	0:09	100.20	10:24:07	6:13	4	34:37	13	1:35:55