



11. thüringenULTRA

Fröttstädt / 01.07.2017

Detailed evaluation

Lenz, Florian

Club: SC Rapid Erfurt e.V.
Number: 245

Course: 100.20 km
100 Kilometer

Category:
Senioren M35 (35-39 Jahre)

Total time: 14:15:02

Speed: 7.02 km/h
Running performance: 8:32 min/km

Rank in course/Total: 174 (of 254)

Rank in course/Men: 151 (of 211)

Best time in course: 8:41:59

Rank in category: 16(of 24)

Best time in the category: 9:02:20

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	27.00	3:43:04	8:15	22	1:17:40	190	1:17:41	27.00	3:43:04	8:15	22	1:17:40	190	1:17:41
Floh-Seligenthal	49.00	7:00:54	8:35	17	2:34:49	144	2:45:50	76.00	10:43:58	8:28	18	3:52:29	154	4:03:31
Fröttstädt	24.20	3:31:04	8:43	15	1:20:13	130	1:29:32	100.20	14:15:02	8:31	16	5:12:42	151	5:33:03