



11. thüringenULTRA  
Fröttstädt / 01.07.2017

Detailed evaluation

Lengdobler, Achim

Club: Victoria Lauenau  
Number: 234

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M45 (45-49 Jahre)

Total time: 14:31:26

Speed: 6.90 km/h  
Running performance: 8:42 min/km

Rank in course/Total: 182 (of 254)

Rank in course/Men: 158 (of 211)

Best time in course: 8:41:59

Rank in category: 34(of 39)

Best time in the category: 9:21:27

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	3:24:04	7:33	31	53:26	141	58:41	27.00	3:24:04	7:33	31	53:26	141	58:41
Floh-Seligenthal	49.00	7:26:07	9:06	36	2:45:44	168	3:11:03	76.00	10:50:11	8:33	34	3:37:39	164	4:09:44
Fröttstädt	24.20	3:41:15	9:08	33	1:32:20	155	1:39:43	100.20	14:31:26	8:41	34	5:09:59	158	5:49:27