



11. thüringenULTRA

Fröttstädt / 01.07.2017

Detailed evaluation

Lempken, Uwe

Club: Homberger TV
Number: 236

Course: 100.20 km
100 Kilometer

Category:

Senioren M55 (55-59 Jahre)

Total time: 14:57:03

Speed: 6.69 km/h

Running performance: 8:57 min/km

Rank in course/Total: 204 (of 254)

Rank in course/Men: 175 (of 211)

Best time in course: 8:41:59

Rank in category: 29(of 36)

Best time in the category: 10:06:24

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	3:28:46	7:43	27	1:02:02	157	1:03:23	27.00	3:28:46	7:43	27	1:02:02	157	1:03:23
Floh-Seligenthal	49.00	7:34:27	9:16	30	2:27:57	176	3:19:23	76.00	11:03:13	8:43	28	3:15:55	168	4:22:46
Fröttstädt	24.20	3:53:50	9:39	29	1:34:44	174	1:52:18	100.20	14:57:03	8:57	29	4:50:39	175	6:15:04