



11. thüringenULTRA

Fröttstädt / 01.07.2017

Detailed evaluation

LAMBECK, Steven

Club: Brockenlaufverein Ilsenburg
Number: 159

Course: 100.20 km
100 Kilometer

Category:
Senioren M45 (45-49 Jahre)

Total time: 11:21:41

Speed: 8.80 km/h
Running performance: 6:48 min/km

Rank in course/Total: 47 (of 254)

Rank in course/Men: 45 (of 211)

Best time in course: 8:41:59

Rank in category: 17(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	2:49:18	6:16	14	18:40	41	23:55	27.00	2:49:18	6:16	14	18:40	41	23:55
Floh-Seligenthal	49.00	5:33:31	6:48	14	53:08	36	1:18:27	76.00	8:22:49	6:36	15	1:10:17	37	1:42:22
Fröttstädt	24.20	2:58:52	7:23	21	49:57	71	57:20	100.20	11:21:41	6:48	17	2:00:14	45	2:39:42