



11. thüringenULTRA

Fröttstädt / 01.07.2017

Detailed evaluation

LOHRKE, Ralf

Club: Ultra-Trödeltruppe
Number: 31

Course: 100.20 km
100 Kilometer

Category:
Senioren M50 (50-54 Jahre)

Total time: 11:32:14

Speed: 8.67 km/h
Running performance: 6:55 min/km

Rank in course/Total: 50 (of 254)

Rank in course/Men: 48 (of 211)

Best time in course: 8:41:59

Rank in category: 7(of 53)

Best time in the category: 9:18:12

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	3:00:30	6:41	8	33:47	59	35:07	27.00	3:00:30	6:41	8	33:47	59	35:07
Floh-Seligenthal	49.00	5:43:39	7:00	7	1:06:17	49	1:28:35	76.00	8:44:09	6:53	6	1:40:04	47	2:03:42
Fröttstädt	24.20	2:48:05	6:56	9	33:58	52	46:33	100.20	11:32:14	6:54	7	2:14:02	48	2:50:15