



12. thüringenULTRA
Fröttstädt / 07.07.2018

Detailed evaluation

Lempken, Uwe

Club: Homberger TV
Number: 231

Course: 100.22 km
100 Kilometer

Category:
Senioren M55 (55-59 Jahre)

Total time: 16:10:44

Speed: 6.18 km/h
Running performance: 9:41 min/km

Rank in course/Total: 213 (of 248)

Rank in course/Men: 175 (of 203)

Best time in course: 8:37:32

Rank in category: 36(of 41)

Best time in the category: 9:58:37

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	27.39	3:45:33	8:14	30	1:09:42	151	1:18:04	27.39	3:45:33	8:14	30	1:09:42	151	1:18:04
Floh-Seligenthal	27.74	3:53:36	8:25	30	1:16:59	147	1:22:13	55.13	7:39:09	8:19	34	2:26:41	170	3:01:48
Finsterbergen	22.03	3:46:10	10:15	31	1:25:39	164	1:47:11	77.16	11:25:19	8:52	34	3:51:16	170	4:47:44
Fröttstädt	23.06	4:45:25	12:22	38	2:20:51	186	2:45:28	100.22	16:10:44	9:41	36	6:12:07	175	7:33:12