



12. thüringenULTRA
Fröttstädt / 07.07.2018

Detailed evaluation

Lambeck, Steven

Club: Brockenlaufverein Ilsenburg
Number: 160

Course: 100.22 km
100 Kilometer

Category:
Senioren M45 (45-49 Jahre)

Total time: 11:10:33

Speed: 8.97 km/h
Running performance: 6:41 min/km

Rank in course/Total: 33 (of 248)

Rank in course/Men: 30 (of 203)

Best time in course: 8:37:32

Rank in category: 9(of 40)

Best time in the category: 9:31:18

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	fehlt!	-	-	-	-	-	27.39	-	-	-	-	-	-
Floh-Seligenthal	27.74	5:35:01	12:04	39	3:03:38	194	3:03:38	55.13	5:35:01	6:04	9	32:51	31	57:40
Finsterbergen	22.03	2:51:31	7:47	13	40:27	49	52:32	77.16	8:26:32	6:33	10	1:10:15	33	1:48:57
Fröttstädt	23.06	2:44:01	7:06	8	29:00	32	44:04	100.22	11:10:33	6:41	9	1:39:15	30	2:33:01