



12. thüringenULTRA
Fröttstädt / 07.07.2018

Detailed evaluation

Lohrke, Ralf

Club: Ultra-Trödeltruppe
Number: 88

Course: 100.22 km
100 Kilometer

Category:
Senioren M50 (50-54 Jahre)

Total time: 11:30:24

Speed: 8.69 km/h
Running performance: 6:53 min/km

Rank in course/Total: 47 (of 248)

Rank in course/Men: 42 (of 203)

Best time in course: 8:37:32

Rank in category: 6(of 46)

Best time in the category: 10:20:45

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	3:05:25	6:46	12	24:11	59	37:56	27.39	3:05:25	6:46	12	24:11	59	37:56
Floh-Seligenthal	27.74	2:56:11	6:21	5	11:46	27	24:48	55.13	6:01:36	6:33	7	47:20	54	1:24:15
Finsterbergen	22.03	2:41:44	7:20	5	11:06	35	42:45	77.16	8:43:20	6:46	6	55:11	46	2:05:45
Fröttstädt	23.06	2:47:04	7:14	5	14:28	35	47:07	100.22	11:30:24	6:53	6	1:09:39	42	2:52:52