



13. thüringenULTRA
Fröttstädt / 06.07.2019

Detailed evaluation

Lenz, Florian

Club: SC RAPID Erfurt E.V
Number: 210

Course: 100.22 km
100 Kilometer

Category:
Senioren M35 (35-39 Jahre)

Total time: 13:20:18

Speed: 7.51 km/h
Running performance: 7:59 min/km

Rank in course/Total: 109 (of 246)

Rank in course/Men: 98 (of 211)

Best time in course: 8:32:51

Rank in category: 14(of 21)

Best time in the category: 8:47:36

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men
Glasbachwiese	27.39	3:23:09	7:25	16	54:51	116	1:01:23	27.39	3:23:09	7:25	16	54:51	116	1:01:23
Floh-Seligenthal	27.74	3:21:25	7:15	14	59:12	103	59:12	55.13	6:44:34	7:20	16	1:52:32	110	2:17:13
Finsterbergen	22.03	2:59:38	8:09	12	1:02:11	68	1:02:11	77.16	9:44:12	7:34	14	2:54:43	91	3:15:12
Fröttstädt	23.06	3:36:06	9:22	18	1:37:59	112	1:37:59	100.22	13:20:18	7:59	14	4:32:42	98	4:47:27