



13. thüringenULTRA
Fröttstädt / 06.07.2019

Detailed evaluation

Lenz, Gunther

Club: Lauffeuer Fröttstädt
Number: 211

Course: 100.22 km
100 Kilometer

Category:
Senioren M60 (60-64 Jahre)

Total time: 14:49:27

Speed: 6.76 km/h
Running performance: 8:52 min/km

Rank in course/Total: 174 (of 246)

Rank in course/Men: 150 (of 211)

Best time in course: 8:32:51

Rank in category: 7(of 13)

Best time in the category: 11:19:15

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	3:23:23	7:25	3	42:23	118	1:01:37	27.39	3:23:23	7:25	3	42:23	118	1:01:37
Floh-Seligenthal	27.74	3:40:17	7:56	6	40:44	139	1:18:04	55.13	7:03:40	7:41	5	1:23:07	134	2:36:19
Finsterbergen	22.03	3:43:33	10:08	7	1:03:20	151	1:46:06	77.16	10:47:13	8:23	5	2:23:07	139	4:18:13
Fröttstädt	23.06	4:02:14	10:30	8	1:07:05	153	2:04:07	100.22	14:49:27	8:52	7	3:30:12	150	6:16:36