



13. thüringenULTRA  
Fröttstädt / 06.07.2019

Detailed evaluation

Juch, Lars

Club: Apolda  
Number: 254

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M35 (35-39 Jahre)

Total time: 15:28:17

Speed: 6.48 km/h  
Running performance: 9:16 min/km

Rank in course/Total: 186 (of 246)

Rank in course/Men: 161 (of 211)

Best time in course: 8:32:51

Rank in category: 19(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 Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Glasbachwiese	27.39	3:43:11	8:08	19	1:14:53	164	1:21:25	27.39	3:43:11	8:08	19	1:14:53	164	1:21:25				
Floh-Seligenthal	27.74	3:51:30	8:20	19	1:29:17	156	1:29:17	55.13	7:34:41	8:14	18	2:42:39	160	3:07:20				
Finsterbergen	22.03	3:51:12	10:29	19	1:53:45	163	1:53:45	77.16	11:25:53	8:53	19	4:36:24	163	4:56:53				
Fröttstädt	23.06	4:02:24	10:30	20	2:04:17	154	2:04:17	100.22	15:28:17	9:15	19	6:40:41	161	6:55:26				