



13. thüringenULTRA
Fröttstädt / 06.07.2019

Detailed evaluation

Lossau, Oliver

Club: Elbe Lübeck Kanal Ultra
Number: 237

Course: 100.22 km
100 Kilometer

Category:
Senioren M50 (50-54 Jahre)

Total time: 16:48:28

Speed: 5.95 km/h
Running performance: 10:04 min/km

Rank in course/Total: 215 (of 246)

Rank in course/Men: 185 (of 211)

Best time in course: 8:32:51

Rank in category: 40(of 43)

Best time in the category: 10:38:25

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	3:30:18	7:40	27	135	53:40	1:08:32	27.39	3:30:18	7:40	27	135	53:40	1:08:32
Floh-Seligenthal	27.74	4:00:44	8:40	38	173	1:17:05	1:38:31	55.13	7:31:02	8:10	34	156	2:10:45	3:03:41
Finsterbergen	22.03	4:01:46	10:58	39	177	1:28:12	2:04:19	77.16	11:32:48	8:58	37	166	3:32:11	5:03:48
Fröttstädt	23.06	5:15:40	13:41	40	194	2:38:25	3:17:33	100.22	16:48:28	10:03	40	185	6:10:03	8:15:37