



13. thüringenULTRA
Fröttstädt / 06.07.2019

Detailed evaluation

Lambeck, Steven

Club: Brockenlaufverein Ilsenburg
Number: 143

Course: 100.22 km
100 Kilometer

Category:
Senioren M45 (45-49 Jahre)

Total time: 10:41:44

Speed: 9.35 km/h
Running performance: 6:24 min/km

Rank in course/Total: 19 (of 246)

Rank in course/Men: 19 (of 211)

Best time in course: 8:32:51

Rank in category: 3(of 38)

Best time in the category: 10:14:12

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	2:40:29	5:51	4	2:55	21	18:43	27.39	2:40:29	5:51	4	2:55	21	18:43
Floh-Seligenthal	27.74	2:43:21	5:53	3	8:29	19	21:08	55.13	5:23:50	5:52	2	11:12	18	56:29
Finsterbergen	22.03	2:36:18	7:05	3	10:28	21	38:51	77.16	8:00:08	6:13	2	21:40	15	1:31:08
Fröttstädt	23.06	2:41:36	7:00	4	5:52	24	43:29	100.22	10:41:44	6:24	3	27:32	19	2:08:53