



13. thüringenULTRA  
Fröttstädt / 06.07.2019

Detailed evaluation

Lücking, Markus

Club: Endorphinjunkies Dortmund  
Number: 151

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M45 (45-49 Jahre)

Total time: 11:18:50

Speed: 8.84 km/h  
Running performance: 6:46 min/km

Rank in course/Total: 33 (of 246)

Rank in course/Men: 32 (of 211)

Best time in course: 8:32:51

Rank in category: 6(of 38)

Best time in the category: 10:14:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.39	2:47:15	6:06	6	9:41	35	25:29	27.39	2:47:15	6:06	6	9:41	35	25:29
Floh-Seligenthal	27.74	2:54:54	6:18	6	20:02	32	32:41	55.13	5:42:09	6:12	6	29:31	35	1:14:48
Finsterbergen	22.03	2:51:27	7:46	10	25:37	49	54:00	77.16	8:33:36	6:39	6	55:08	32	2:04:36
Fröttstädt	23.06	2:45:14	7:09	6	9:30	29	47:07	100.22	11:18:50	6:46	6	1:04:38	32	2:45:59