



14. thüringen ULTRA
Fröttstädt / 02.07.2022

Detailed evaluation

Steven Lambeck

Club: Brockenlaufverein Ilsenburg
Number: 119

Course: 100.22 km
100 Kilometer

Category:
Senioren M50 (50-54 Jahre)

Total time: 11:56:08

Speed: 8.38 km/h
Running performance: 7:08 min/km

Rank in course/Total: 49 (of 187)

Rank in course/Men: 47 (of 159)

Best time in course: 8:24:01

Rank in category: 12(of 36)

Best time in the category: 9:56:21

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.00	2:52:42	6:23	7	16:05	38	44:55	27.00	2:52:42	6:23	7	16:05	38	44:55
Floh-Seligenthal	27.00	3:04:34	6:50	10	27:58	43	49:56	54.00	5:57:16	6:36	9	40:52	39	1:34:51
Finsterbergen	22.00	2:53:58	7:54	13	36:43	51	57:42	76.00	8:51:14	6:59	9	1:16:59	41	2:32:33
Finish	24.22	3:04:54	7:38	16	3:04:54	58	3:04:54	100.22	11:56:08	7:08	12	1:59:47	47	3:32:07