



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Steven Lambeck

Club: Brockenlaufverein Ilsenburg
Number: 38

Course: 100.00 km
100 Kilometer

Category:
Senioren M50 (50-54)

Total time: 11:40:06

Speed: 8.57 km/h
Running performance: 7:00 min/km

Rank in course/Total: 24 (of 153)

Rank in course/Men: 22 (of 118)

Best time in course: 8:41:00

Rank in category: 7(of 22)

Best time in the category: 10:10:52

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	2:48:16	6:13	5	12:15	21	36:27	27.00	2:48:16	6:13	5	12:15	21	36:27
Floh-Seligenthal	27.00	2:59:30	6:38	8	27:22	24	41:58	54.00	5:47:46	6:26	8	39:37	22	1:18:25
Finsterbergen	22.00	2:49:18	7:41	6	24:34	24	48:07	76.00	8:37:04	6:48	7	1:04:11	21	2:06:32
Fröttstädt	24.00	3:03:02	7:37	8	33:34	36	3:03:02	100.00	11:40:06	7:00	7	1:29:14	22	2:59:06