



16. thüringen ULTRA
Fröttstädt / 06.07.2024

Detailed evaluation

Jean Lamperski

Number: 192

Course: 100.00 km
100 Kilometer

Category:
Seniorinnen W50 (50-54)

Total time: 15:09:21

Speed: 6.60 km/h

Running performance: 9:05 min/km

Rank in course/Total: 149 (of 195)

Rank in course/Women: 32 (of 39)

Best time in course: 9:39:32

Rank in category: 9(of 15)

Best time in the category: 13:26:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Glasbachwiese	27.00	3:27:28	7:41	4	10:26	18	40:23	27.00	3:27:28	7:41	4	10:26	18	40:23
Floh-Seligenthal	27.00	3:46:41	8:23	7	25:46	28	59:52	54.00	7:14:09	8:02	7	31:32	27	2:08:51
Finsterbergen	22.00	3:51:01	10:30	12	42:00	35	1:35:58	76.00	11:05:10	8:45	7	1:02:06	29	3:44:49
Waltershausen	19.00	3:27:28	10:55	13	50:36	37	1:33:46	95.00	14:32:38	9:11	9	1:39:22	32	5:18:35
Fröttstädt	5.00	36:43	7:20	9	7:32	27	12:57	100.00	15:09:21	9:05	9	1:42:58	32	5:29:49