



16. thüringen ULTRA  
Fröttstädt / 06.07.2024

Detailed evaluation

Alexander Lauterbach

Club: LG Ultralauf  
Number: 132

Course: 100.00 km  
100 Kilometer

Category:  
Senioren M40 (40-44)

Total time: 14:27:47

Speed: 6.91 km/h  
Running performance: 8:40 min/km

Rank in course/Total: 122 (of 195)

Rank in course/Men: 96 (of 156)

Best time in course: 8:25:24

Rank in category: 12(of 15)

Best time in the category: 9:39:33

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	3:27:45	7:41	12	1:03:15	99	1:13:03	27.00	3:27:45	7:41	12	1:03:15	99	1:13:03
Floh-Seligenthal	27.00	3:37:03	8:02	12	1:08:05	100	1:25:10	54.00	7:04:48	7:52	12	2:04:52	101	2:38:13
Finsterbergen	22.00	3:34:04	9:43	13	1:19:55	93	1:39:08	76.00	10:38:52	8:24	12	3:18:30	92	4:17:21
Waltershausen	19.00	3:14:25	10:13	13	1:21:43	109	1:34:26	95.00	13:53:17	8:46	13	4:39:13	100	5:49:01
Fröttstädt	5.00	34:30	6:54	12	10:26	63	13:22	100.00	14:27:47	8:40	12	4:48:14	96	6:02:23