



16. thüringen ULTRA  
Fröttstädt / 06.07.2024

Detailed evaluation

Steven Lambeck

Club: Brockenlaufverein Ilsenburg  
Number: 97

Course: 100.00 km  
100 Kilometer

Category:  
Senioren M50 (50-54)

Total time: 12:38:01

Speed: 7.92 km/h  
Running performance: 7:34 min/km

Rank in course/Total: 48 (of 195)

Rank in course/Men: 41 (of 156)

Best time in course: 8:25:24

Rank in category: 7(of 31)

Best time in the category: 11:28:32

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	2:56:37	6:32	4	9:31	26	41:55	27.00	2:56:37	6:32	4	9:31	26	41:55
Floh-Seligenthal	27.00	3:11:43	7:06	9	19:14	47	59:50	54.00	6:08:20	6:49	5	28:04	35	1:41:45
Finsterbergen	22.00	3:03:25	8:20	6	12:59	38	1:08:29	76.00	9:11:45	7:15	4	34:23	33	2:50:14
Waltershausen	19.00	2:50:58	8:59	13	27:11	68	1:10:59	95.00	12:02:43	7:36	7	1:01:34	40	3:58:27
Fröttstädt	5.00	35:18	7:03	13	9:12	73	14:10	100.00	12:38:01	7:34	7	1:09:29	41	4:12:37