



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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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       |