



16. thüringen ULTRA  
Fröttstädt / 06.07.2024

Detailed evaluation

Ralf Lohrke

Number: 129

Course: 100.00 km  
100 Kilometer

Category:  
Senioren M55 (55-59)

Total time: 13:22:25

Speed: 7.48 km/h

Running performance: 8:01 min/km

Rank in course/Total: 75 (of 195)

Rank in course/Men: 63 (of 156)

Best time in course: 8:25:24

Rank in category: 6(of 30)

Best time in the category: 9:29:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	27.00	3:18:18	7:20	9	20:44	69	1:03:36	27.00	3:18:18	7:20	9	20:44	69	1:03:36
Floh-Seligenthal	27.00	3:27:56	7:42	8	20:55	75	1:16:03	54.00	6:46:14	7:31	9	1:46:03	73	2:19:39
Finsterbergen	22.00	3:19:43	9:04	8	1:05:06	65	1:24:47	76.00	10:05:57	7:58	9	2:51:09	67	3:44:26
Waltershausen	19.00	2:41:21	8:29	5	48:23	47	1:01:22	95.00	12:47:18	8:04	6	3:39:32	62	4:43:02
Fröttstädt	5.00	35:07	7:01	7	12:57	68	13:59	100.00	13:22:25	8:01	6	3:52:29	63	4:57:01