



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Lohrke, Ralf

Club: Werne  
Number: 165

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M45 (45-49 Jahre)

Total time: 11:28:16

Speed: 8.72 km/h  
Running performance: 6:53 min/km

Rank in course/Total: 47 (of 272)

Rank in course/Men: 44 (of 232)

Best time in course: 8:54:18

Rank in category: 13(of 47)

Best time in the category: 9:33:21

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	27.39	2:54:52	6:23	19	31:02	62	45:11	27.39	2:54:52	6:23	39		51	45:11
Floh-Seligenthal	27.74	2:51:36	6:11	15	28:45	42	32:19	55.13	5:46:28	6:17	39		51	1:14:45
Finsterbergen	22.03	2:39:08	7:13	12	24:43	37	32:40	77.16	8:25:36	6:33	36		46	1:41:39
Fröttstädt	22.84	3:02:40	7:59	17	45:11	66	59:00	100.00	11:28:16	6:52	13	1:54:55	44	2:33:58