



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

**Kaufmann, Rolf**

Club: TV Attendorn  
Number: 83

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 11:29:33

Speed: 8.70 km/h  
Running performance: 6:54 min/km

Rank in course/Total: 60 (of 176)

Rank in course/Men: 53 (of 140)

Best time in course: 8:21:21

Rank in category: 15(of 39)

Best time in the category: 9:01:08

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
Ruhlaer Skihütte	23.96	2:46:50	6:57	23	25:55	76	43:30	23.96	2:46:50	6:57	36		57	6:16
Floh-Seligenthal	26.92	2:53:48	6:27	14	27:18	49	47:52	50.88	5:40:38	6:41	36		57	
Finsterbergen	24.12	2:57:35	7:21	16	49:17	53	51:25	75.00	8:38:13	6:54	34		53	2:22:47
Fröttstädt	25.00	2:51:20	6:51	13	45:55	42	45:55	100.00	11:29:33	6:53	15	2:28:25	53	3:08:12