



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

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Club: TVG Gieboldehausen
Number: 187

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 11:36:38

Speed: 8.61 km/h
Running performance: 6:58 min/km

Rank in course/Total: 63 (of 176)

Rank in course/Men: 56 (of 140)

Best time in course: 8:21:21

Rank in category: 16(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	2:43:12	6:48	15	22:17	59	39:52	23.96	2:43:12	6:48	37		34	2:38
Floh-Seligenthal	26.92	2:58:03	6:36	18	31:33	61	52:07	50.88	5:41:15	6:42	37		34	
Finsterbergen	24.12	2:39:10	6:35	4	30:52	17	33:00	75.00	8:20:25	6:40	35		30	2:04:59
Fröttstädt	25.00	3:16:13	7:50	25	1:10:48	77	1:10:48	100.00	11:36:38	6:57	16	2:35:30	56	3:15:17