



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    |