



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

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Club: streakrunner.de  
Number: 30

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 11:37:09

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

Rank in course/Total: 64 (of 176)

Rank in course/Men: 57 (of 140)

Best time in course: 8:21:21

Rank in category: 17(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	2:46:48	6:57	22	25:53	75	43:28	23.96	2:46:48	6:57	38		61	6:14
Floh-Seligenthal	26.92	2:59:16	6:39	20	32:46	66	53:20	50.88	5:46:04	6:48	38		61	
Finsterbergen	24.12	2:57:12	7:20	15	48:54	52	51:02	75.00	8:43:16	6:58	36		57	2:27:50
Fröttstädt	25.00	2:53:53	6:57	14	48:28	49	48:28	100.00	11:37:09	6:58	17	2:36:01	57	3:15:48