



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Lofink, Andreas

Club: Laufteam Gedern  
Number: 79

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M40

Total time: 11:39:29

Speed: 8.58 km/h  
Running performance: 6:59 min/km

Rank in course/Total: 66 (of 176)

Rank in course/Men: 59 (of 140)

Best time in course: 8:21:21

Rank in category: 15(of 21)

Best time in the category: 8:21:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:43:09	6:48	12	39:49	58	39:49	23.96	2:43:09	6:48	8		63	2:35
Floh-Seligenthal	26.92	3:18:58	7:23	17	1:13:02	102	1:13:02	50.88	6:02:07	7:07	8	20:52	63	7:41
Finsterbergen	24.12	2:50:50	7:04	13	44:40	39	44:40	75.00	8:52:57	7:06	8	32:32	59	2:37:31
Fröttstädt	25.00	2:46:32	6:39	12	40:37	34	41:07	100.00	11:39:29	6:59	15	3:18:08	59	3:18:08