



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Woitynek, Martin

Club: KSP Kniebeuge 98 e.V.  
Number: 23

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M35

Total time: 11:40:21

Speed: 8.57 km/h  
Running performance: 7:00 min/km

Rank in course/Total: 68 (of 176)

Rank in course/Men: 60 (of 140)

Best time in course: 8:21:21

Rank in category: 6(of 15)

Best time in the category: 8:32:11

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	2:23:22	5:59	4	20:01	21	20:02	23.96	2:23:22	5:59	6	20:01	64	
Floh-Seligenthal	26.92	2:44:16	6:06	4	37:54	30	38:20	50.88	5:07:38	6:02	6	57:55	64	
Finsterbergen	24.12	3:01:06	7:30	6	52:36	63	54:56	75.00	8:08:44	6:30	6	1:50:31	60	1:53:18
Fröttstädt	25.00	3:31:37	8:27	9	1:17:39	94	1:26:12	100.00	11:40:21	7:00	6	3:08:10	60	3:19:00