



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

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Club: LTV Erfurt  
Number: 112

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 11:42:29

Speed: 8.54 km/h  
Running performance: 7:01 min/km

Rank in course/Total: 71 (of 176)

Rank in course/Men: 62 (of 140)

Best time in course: 8:21:21

Rank in category: 19(of 39)

Best time in the category: 9:01:08

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	2:43:14	6:48	16	22:19	61	39:54	23.96	2:43:14	6:48	11		66	2:40
Floh-Seligenthal	26.92	2:52:50	6:25	13	26:20	48	46:54	50.88	5:36:04	6:36	11		66	
Finsterbergen	24.12	2:53:52	7:12	12	45:34	46	47:42	75.00	8:29:56	6:47	38		62	2:14:30
Fröttstädt	25.00	3:12:33	7:42	22	1:07:08	71	1:07:08	100.00	11:42:29	7:01	19	2:41:21	62	3:21:08