



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

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Club: Berlin  
Number: 172

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 11:44:54

Speed: 8.51 km/h  
Running performance: 7:03 min/km

Rank in course/Total: 72 (of 176)

Rank in course/Men: 63 (of 140)

Best time in course: 8:21:21

Rank in category: 20(of 39)

Best time in the category: 9:01:08

Intermediate times

Stage score

Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Ruhlaer Skihütte | 23.96       | 2:40:47       | 6:42            | 13          | 19:52          | 53          | 37:27         | 23.96         | 2:40:47       | 6:42            | 2           |                | 67         | 0:13          |
| Floh-Seligenthal | 26.92       | 2:54:09       | 6:28            | 15          | 27:39          | 51          | 48:13         | 50.88         | 5:34:56       | 6:34            | 2           |                | 67         |               |
| Finsterbergen    | 24.12       | 3:03:47       | 7:37            | 19          | 55:29          | 65          | 57:37         | 75.00         | 8:38:43       | 6:54            | 11          |                | 63         | 2:23:17       |
| Fröttstädt       | 25.00       | 3:06:11       | 7:26            | 19          | 1:00:46        | 63          | 1:00:46       | 100.00        | 11:44:54      | 7:02            | 20          | 2:43:46        | 63         | 3:23:33       |