



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Slabon, Raimund

Club: DUV

Number: 1074

Course: 161.00 km

Thüringen ULTRA - 100 Meilen

Category:

Männer M50

Total time: 20:44:00

Speed: 7.77 km/h

Running performance: 7:44 min/km

Rank in course/Total: 14 (of 89)

Rank in course/Men: 14 (of 84)

Best time in course: 16:36:15

Rank in category: 3(of 23)

Best time in the category: 18:27:36

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
Berggasthof Hör:	43.00	5:12:06	7:15	6	50:27	27	2:16:13	43.00	5:12:06	7:15	24	5:12:06	85	5:12:06
Sondra	28.00	4:01:13	8:36	9	49:09	32	1:07:21	71.00	9:13:19	7:47	24	9:13:19	82	9:13:19
Ruhlaer Skihütte	14.00	2:18:16	9:52	13	25:47	40	41:36	85.00	11:31:35	8:08	24	11:31:35	74	11:31:35
Brotterode/Klein:	15.00	1:59:00	7:56	4	13:41	14	26:56	100.00	13:30:35	8:06	23	13:30:35	72	13:30:35
Floh-Seligenthal	12.00	1:07:55	5:39	1	-	4	8:06	112.00	14:38:30	7:50	23	14:38:30	72	14:38:30
Finstenberg	23.00	3:08:45	8:12	2	6:24	7	32:36	135.00	17:47:15	7:54	23	17:47:15	72	17:47:15
Fröttstädt	26.00	2:56:45	6:47	1	-	6	24:51	161.00	20:44:00	7:43	3	2:16:24	14	4:07:45