



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

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Club: Lauffeuer Fröttstädt  
Number: 55

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M55

Total time: 11:54:21

Speed: 8.40 km/h  
Running performance: 7:08 min/km

Rank in course/Total: 75 (of 176)

Rank in course/Men: 66 (of 140)

Best time in course: 8:21:21

Rank in category: 4(of 14)

Best time in the category: 10:44:52

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	2:39:38	6:39	4	8:19	49	36:18	23.96	2:39:38	6:39	5		70	
Floh-Seligenthal	26.92	2:54:53	6:29	3	8:56	55	48:57	50.88	5:34:31	6:34	5		70	
Finsterbergen	24.12	3:06:32	7:44	6	26:25	70	1:00:22	75.00	8:41:03	6:56	4	43:40	66	2:25:37
Fröttstädt	25.00	3:13:18	7:43	6	31:07	73	1:07:53	100.00	11:54:21	7:08	4	1:09:29	66	3:33:00