



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Panse, Jens

Club: USV Erfurt  
Number: 189

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 11:56:58

Speed: 8.37 km/h  
Running performance: 7:10 min/km

Rank in course/Total: 76 (of 176)

Rank in course/Men: 67 (of 140)

Best time in course: 8:21:21

Rank in category: 21(of 39)

Best time in the category: 9:01:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:44:55	6:52	19	24:00	68	41:35	23.96	2:44:55	6:52	3		71	4:21
Floh-Seligenthal	26.92	3:05:00	6:52	27	38:30	80	59:04	50.88	5:49:55	6:52	3		71	
Finsterbergen	24.12	3:05:28	7:41	21	57:10	68	59:18	75.00	8:55:23	7:08	2		67	2:39:57
Fröttstädt	25.00	3:01:35	7:15	15	56:10	56	56:10	100.00	11:56:58	7:10	21	2:55:50	67	3:35:37