



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Balzk, Harald

Club: Die Orientierungslosen  
Number: 77

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M55

Total time: 12:03:15

Speed: 8.30 km/h  
Running performance: 7:14 min/km

Rank in course/Total: 77 (of 176)

Rank in course/Men: 68 (of 140)

Best time in course: 8:21:21

Rank in category: 5(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	3:06:35	7:47	12	35:16	112	1:03:15	23.96	3:06:35	7:47	6	26:01	72	26:01
Floh-Seligenthal	26.92	3:11:05	7:05	9	25:08	90	1:05:09	50.88	6:17:40	7:25	6	23:14	72	23:14
Finsterbergen	24.12	2:52:02	7:07	3	11:55	43	45:52	75.00	9:09:42	7:19	5	1:12:19	68	2:54:16
Fröttstädt	25.00	2:53:33	6:56	4	11:22	47	48:08	100.00	12:03:15	7:13	5	1:18:23	68	3:41:54