



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Leyendecker, Rainer

Club: RSLC Holzkirchen  
Number: 1117

Course: 100.00 km  
Thüringen ULTRA - 100 km Extra

Category:  
Männer

Total time: 11:52:52

Speed: 8.42 km/h  
Running performance: 7:08 min/km

Rank in course/Total: 1 (of 21)

Rank in course/Men: 1 (of 21)

Best time in course: 11:52:52

Rank in category: 1(of 21)

Best time in the category: 11:52:52

Intermediate times

Stage score

Total ranking

| Control          | Split | Split   | Split  | Pos  | Behind | Pos | Behind | Total  | Total    | Total  | Pos  | Behind  | Pos | Behind  |
|------------------|-------|---------|--------|------|--------|-----|--------|--------|----------|--------|------|---------|-----|---------|
|                  | km    | Time    | min/km | Cat. | Cat.   | Men | Men    | km     | Time     | min/km | Cat. | Cat.    | Men | Men     |
| Berggasthof Hör: | 43.00 | 4:12:35 | 5:52   | 1    | -      | 1   | -      | 43.00  | 4:12:35  | 5:52   | 22   | 4:12:35 | 22  | 4:12:35 |
| Sondra           | 28.00 | 3:28:20 | 7:26   | 1    | -      | 1   | -      | 71.00  | 7:40:55  | 6:29   | 22   | 7:40:55 | 22  | 7:40:55 |
| Ruhlaer Skihütte | 14.00 | 2:09:52 | 9:16   | 4    | 8:35   | 4   | 8:35   | 85.00  | 9:50:47  | 6:57   | 22   | 9:50:47 | 22  | 9:50:47 |
| Fröttstädt       | 15.00 | 2:02:05 | 8:08   | 2    | 3:18   | 2   | 3:18   | 100.00 | 11:52:52 | 7:07   | 1    | -       | 1   | -       |