



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	-