



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

schenke, holger

Club: braunschweig
Number: 39

Course: 100.00 km
Thüringen Ultra

Category:
Männer M35

Total time: 12:05:06

Speed: 8.27 km/h
Running performance: 7:15 min/km

Rank in course/Total: 78 (of 176)

Rank in course/Men: 69 (of 140)

Best time in course: 8:21:21

Rank in category: 7(of 15)

Best time in the category: 8:32:11

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	2:58:48	7:27	9	55:27	96	55:28	23.96	2:58:48	7:27	7	55:27	73	18:14
Floh-Seligenthal	26.92	2:56:18	6:32	8	49:56	57	50:22	50.88	5:55:06	6:58	7	1:45:23	73	0:40
Finsterbergen	24.12	2:59:35	7:26	5	51:05	59	53:25	75.00	8:54:41	7:07	7	2:36:28	69	2:39:15
Fröttstädt	25.00	3:10:25	7:36	7	56:27	67	1:05:00	100.00	12:05:06	7:15	7	3:32:55	69	3:43:45