



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Vollmer, Ralf

Club: 100 Marathon Club
Number: 1089

Course: 161.00 km
Thüringen ULTRA - 100 Meilen

Category:
Männer M45

Total time: 20:04:46

Speed: 8.02 km/h
Running performance: 7:29 min/km

Rank in course/Total: 8 (of 89)

Rank in course/Men: 8 (of 84)

Best time in course: 16:36:15

Rank in category: 4(of 24)

Best time in the category: 17:14:24

Control	Intermediate times				Stage score				Total ranking					
	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
Berggasthof Hör:	43.00	4:45:41	6:38	7	1:49:48	13	1:49:48	43.00	4:45:41	6:38	25	4:45:41	85	4:45:41
Sondra	28.00	3:35:06	7:40	5	30:35	12	41:14	71.00	8:20:47	7:03	23	8:20:47	82	8:20:47
Ruhlaer Skihütte	14.00	2:04:22	8:52	7	23:34	14	27:42	85.00	10:25:09	7:21	19	10:25:09	74	10:25:09
Brotterode/Klein:	15.00	2:01:37	8:06	7	21:50	21	29:33	100.00	12:26:46	7:28	19	12:26:46	72	12:26:46
Floh-Seligenthal	12.00	1:19:12	6:36	5	10:45	11	19:23	112.00	13:45:58	7:22	19	13:45:58	72	13:45:58
Finsterbergen	23.00	3:09:47	8:15	3	23:21	8	33:38	135.00	16:55:45	7:31	19	16:55:45	72	16:55:45
Fröttstädt	26.00	3:09:01	7:16	4	37:07	11	37:07	161.00	20:04:46	7:28	4	2:50:22	8	3:28:31