



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Hansen, Rene

Club: laufsohle.de
Number: 32

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 12:06:27

Speed: 8.26 km/h
Running performance: 7:16 min/km

Rank in course/Total: 82 (of 176)

Rank in course/Men: 72 (of 140)

Best time in course: 8:21:21

Rank in category: 23(of 39)

Best time in the category: 9:01:08

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	2:52:47	7:12	28	31:52	91	49:27	23.96	2:52:47	7:12	5		75	12:13
Floh-Seligenthal	26.92	2:59:35	6:40	21	33:05	67	53:39	50.88	5:52:22	6:55	5		75	
Finsterbergen	24.12	3:08:56	7:49	24	1:00:38	79	1:02:46	75.00	9:01:18	7:13	4		71	2:45:52
Fröttstädt	25.00	3:05:09	7:24	18	59:44	60	59:44	100.00	12:06:27	7:15	23	3:05:19	72	3:45:06