



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Armenat, Martin

Club: EFC Ruhla 08  
Number: 180

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M30

Total time: 12:06:12

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

Rank in course/Total: 81 (of 176)

Rank in course/Men: 71 (of 140)

Best time in course: 8:21:21

Rank in category: 5(of 8)

Best time in the category: 9:39:26

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	2:48:39	7:02	7	31:22	80	45:19	23.96	2:48:39	7:02	6	30:56	76	8:05
Floh-Seligenthal	26.92	2:58:31	6:37	6	33:51	64	52:35	50.88	5:47:10	6:49	6	49:41	74	
Finsterbergen	24.12	3:08:07	7:47	6	44:21	77	1:01:57	75.00	8:55:17	7:08	5	1:48:28	70	2:39:51
Fröttstädt	25.00	3:10:55	7:38	5	38:18	70	1:05:30	100.00	12:06:12	7:15	5	2:26:46	71	3:44:51