



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

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Club: Rennsteiglaufverein Arnstadt  
Number: 50

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 12:11:11

Speed: 8.21 km/h  
Running performance: 7:19 min/km

Rank in course/Total: 83 (of 176)

Rank in course/Men: 73 (of 140)

Best time in course: 8:21:21

Rank in category: 14(of 24)

Best time in the category: 9:30:28

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	2:44:55	6:52	13	27:02	68	41:35	23.96	2:44:55	6:52	11	17:26	71	4:21
Floh-Seligenthal	26.92	3:05:26	6:53	16	37:27	81	59:30	50.88	5:50:21	6:53	11	18:37	65	
Finsterbergen	24.12	3:10:26	7:53	15	52:11	83	1:04:16	75.00	9:00:47	7:12	11	29:33	73	2:45:21
Fröttstädt	25.00	3:10:24	7:36	13	44:03	66	1:04:59	100.00	12:11:11	7:18	14	2:40:43	73	3:49:50