



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Rauch, Andre

Club: LG Friedrichroda  
Number: 2

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 12:12:59

Speed: 8.19 km/h  
Running performance: 7:20 min/km

Rank in course/Total: 85 (of 176)

Rank in course/Men: 75 (of 140)

Best time in course: 8:21:21

Rank in category: 24(of 39)

Best time in the category: 9:01:08

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	2:45:07	6:53	20	24:12	70	41:47	23.96	2:45:07	6:53	6		79	4:33
Floh-Seligenthal	26.92	3:00:44	6:42	23	34:14	70	54:48	50.88	5:45:51	6:47	6		79	
Finsterbergen	24.12	3:07:38	7:46	22	59:20	73	1:01:28	75.00	8:53:29	7:06	5		75	2:38:03
Fröttstädt	25.00	3:19:30	7:58	27	1:14:05	83	1:14:05	100.00	12:12:59	7:19	24	3:11:51	75	3:51:38