



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Krause, Volker

Club: Strausberg
Number: 5

Course: 100.00 km
Thüringen Ultra

Category:
Männer M50

Total time: 12:15:31

Speed: 8.16 km/h
Running performance: 7:22 min/km

Rank in course/Total: 87 (of 176)

Rank in course/Men: 76 (of 140)

Best time in course: 8:21:21

Rank in category: 15(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	2:46:25	6:56	15	28:32	72	43:05	23.96	2:46:25	6:56	10	18:56	80	5:51
Floh-Seligenthal	26.92	3:01:17	6:44	13	33:18	75	55:21	50.88	5:47:42	6:50	10	15:58	80	
Finsterbergen	24.12	3:14:51	8:04	17	56:36	87	1:08:41	75.00	9:02:33	7:14	10	31:19	76	2:47:07
Fröttstädt	25.00	3:12:58	7:43	14	46:37	72	1:07:33	100.00	12:15:31	7:21	15	2:45:03	76	3:54:10