



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Gothe, Stefan

Club: Triathlon Friedrichroda  
Number: 82

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M35

Total time: 12:20:20

Speed: 8.10 km/h  
Running performance: 7:24 min/km

Rank in course/Total: 90 (of 176)

Rank in course/Men: 78 (of 140)

Best time in course: 8:21:21

Rank in category: 8(of 15)

Best time in the category: 8:32:11

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	2:23:23	5:59	5	20:02	22	20:03	23.96	2:23:23	5:59	8	20:02	23	
Floh-Seligenthal	26.92	2:54:52	6:29	7	48:30	54	48:56	50.88	5:18:15	6:15	8	1:08:32	82	
Finsterbergen	24.12	3:09:44	7:51	8	1:01:14	80	1:03:34	75.00	8:27:59	6:46	8	2:09:46	78	2:12:33
Fröttstädt	25.00	3:52:21	9:17	10	1:38:23	108	1:46:56	100.00	12:20:20	7:24	8	3:48:09	78	3:58:59