



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

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Club: LG Friedrichroda
Number: 1081

Course: 161.00 km
Thüringen ULTRA - 100 Meilen

Category:
Männer M55

Total time: 21:21:40

Speed: 7.54 km/h
Running performance: 7:58 min/km

Rank in course/Total: 15 (of 89)

Rank in course/Men: 15 (of 84)

Best time in course: 16:36:15

Rank in category: 1(of 6)

Best time in the category: 21:21:40

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
Berggasthof Hör:	43.00	4:49:47	6:44	1	-	15	1:53:54	43.00	4:49:47	6:44	7	-	85	4:49:47
Sondra	28.00	3:51:58	8:17	1	-	23	58:06	71.00	8:41:45	7:20	7	8:41:45	82	8:41:45
Ruhlaer Skihütte	14.00	2:10:01	9:17	1	-	27	33:21	85.00	10:51:46	7:40	5	10:51:46	74	10:51:46
Brotterode/Kleins:	15.00	2:06:53	8:27	1	-	27	34:49	100.00	12:58:39	7:47	5	12:58:39	72	12:58:39
Floh-Seligenthal	12.00	1:23:32	6:57	1	-	24	23:43	112.00	14:22:11	7:41	5	14:22:11	72	14:22:11
Finsterbergen	23.00	3:29:40	9:06	1	-	19	53:31	135.00	17:51:51	7:56	5	17:51:51	72	17:51:51
Fröttstädt	26.00	3:29:49	8:04	1	-	19	57:55	161.00	21:21:40	7:57	1	-	15	4:45:25