



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Kruse, Jochen

Club: LT-Hemsbach
Number: 1030

Course: 161.00 km
Thüringen ULTRA - 100 Meilen

Category:
Männer M45

Total time: 21:32:51

Speed: 7.47 km/h
Running performance: 8:02 min/km

Rank in course/Total: 17 (of 89)

Rank in course/Men: 17 (of 84)

Best time in course: 16:36:15

Rank in category: 7(of 24)

Best time in the category: 17:14:24

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	5:12:12	7:15	11	2:16:19	28	2:16:19	43.00	5:12:12	7:15	25	5:12:12	85	5:12:12
Sondra	28.00	4:01:29	8:37	11	56:58	34	1:07:37	71.00	9:13:41	7:47	23	9:13:41	82	9:13:41
Ruhlaer Skihütte	14.00	2:18:09	9:52	12	37:21	38	41:29	85.00	11:31:50	8:08	19	11:31:50	74	11:31:50
Brotterode/Klein:	15.00	2:01:35	8:06	5	21:48	19	29:31	100.00	13:33:25	8:08	19	13:33:25	72	13:33:25
Floh-Seligenthal	12.00	1:14:40	6:13	4	6:13	10	14:51	112.00	14:48:05	7:55	19	14:48:05	72	14:48:05
Finsterbergen	23.00	3:23:59	8:52	5	37:33	13	47:50	135.00	18:12:04	8:05	19	18:12:04	72	18:12:04
Fröttstädt	26.00	3:20:47	7:43	6	48:53	15	48:53	161.00	21:32:51	8:01	7	4:18:27	17	4:56:36