



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

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Club: SF Ennepetal  
Number: 1045

Course: 161.00 km  
Thüringen ULTRA - 100 Meilen

Category:  
Männer M45

Total time: 19:35:47

Speed: 8.22 km/h  
Running performance: 7:18 min/km

Rank in course/Total: 7 (of 89)

Rank in course/Men: 7 (of 84)

Best time in course: 16:36:15

Rank in category: 3(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    | 4:22:23    | 6:06         | 6           | 1:26:30     | 10      | 1:26:30    | 43.00         | 4:22:23    | 6:06         | 25       | 4:22:23     | 85      | 4:22:23    |
| Sondra             | 28.00    | 3:30:18    | 7:30         | 3           | 25:47       | 9       | 36:26      | 71.00         | 7:52:41    | 6:39         | 23       | 7:52:41     | 82      | 7:52:41    |
| Ruhlaer Skihütte   | 14.00    | 1:55:08    | 8:13         | 3           | 14:20       | 7       | 18:28      | 85.00         | 9:47:49    | 6:54         | 19       | 9:47:49     | 74      | 9:47:49    |
| Brotterode/Kleins: | 15.00    | 1:56:48    | 7:47         | 4           | 17:01       | 10      | 24:44      | 100.00        | 11:44:37   | 7:02         | 19       | 11:44:37    | 72      | 11:44:37   |
| Floh-Seligenthal   | 12.00    | 1:22:04    | 6:50         | 6           | 13:37       | 16      | 22:15      | 112.00        | 13:06:41   | 7:01         | 19       | 13:06:41    | 72      | 13:06:41   |
| Finsterbergen      | 23.00    | 3:15:43    | 8:30         | 4           | 29:17       | 10      | 39:34      | 135.00        | 16:22:24   | 7:16         | 19       | 16:22:24    | 72      | 16:22:24   |
| Fröttstädt         | 26.00    | 3:13:23    | 7:26         | 5           | 41:29       | 13      | 41:29      | 161.00        | 19:35:47   | 7:18         | 3        | 2:21:23     | 7       | 2:59:32    |