



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Port, Manfred

Club: WF Großaitingen  
Number: 1057

Course: 100.00 km  
Thüringen ULTRA - 100 km Extra

Category:  
Männer

Total time: 17:00:12

Speed: 5.88 km/h  
Running performance: 10:12 min/km

Rank in course/Total: 16 (of 21)

Rank in course/Men: 16 (of 21)

Best time in course: 11:52:52

Rank in category: 16(of 21)

Best time in the category: 11:52:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Berggasthof Hör:	43.00	6:29:25	9:03	20	2:16:50	20	2:16:50	43.00	6:29:25	9:03	22	6:29:25	22	6:29:25
Sondra	28.00	5:11:36	11:07	17	1:43:16	17	1:43:16	71.00	11:41:01	9:52	22	11:41:01	22	11:41:01
Ruhlaer Skihütte	14.00	2:40:23	11:27	12	39:06	12	39:06	85.00	14:21:24	10:08	22	14:21:24	22	14:21:24
Fröttstädt	15.00	2:38:48	10:35	12	40:01	12	40:01	100.00	17:00:12	10:12	16	5:07:20	16	5:07:20