



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Eller, Thomas

Club: TV Altendorf Ersdorf  
Number: 1123

Course: 100.00 km  
Thüringen ULTRA - 100 km Extra

Category:  
Männer

Total time: 13:35:04

Speed: 7.36 km/h  
Running performance: 8:09 min/km

Rank in course/Total: 4 (of 21)

Rank in course/Men: 4 (of 21)

Best time in course: 11:52:52

Rank in category: 4(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Berggasthof Hör:	43.00	5:32:02	7:43	11	1:19:27	11	1:19:27	43.00	5:32:02	7:43	22	5:32:02	22	5:32:02
Sondra	28.00	3:58:04	8:30	4	29:44	4	29:44	71.00	9:30:06	8:01	22	9:30:06	22	9:30:06
Ruhlaer Skihütte	14.00	2:02:32	8:45	2	1:15	2	1:15	85.00	11:32:38	8:08	22	11:32:38	22	11:32:38
Fröttstädt	15.00	2:02:26	8:09	3	3:39	3	3:39	100.00	13:35:04	8:09	4	1:42:12	4	1:42:12