



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Schalle, Rainer

Club: Bergen  
Number: 116

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 12:37:53

Speed: 7.92 km/h  
Running performance: 7:35 min/km

Rank in course/Total: 97 (of 176)

Rank in course/Men: 84 (of 140)

Best time in course: 8:21:21

Rank in category: 26(of 39)

Best time in the category: 9:01:08

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
Ruhlaer Skihütte	23.96	2:43:18	6:48	18	22:23	65	39:58	23.96	2:43:18	6:48	8		88	2:44
Floh-Seligenthal	26.92	3:03:09	6:48	26	36:39	77	57:13	50.88	5:46:27	6:48	8		88	
Finsterbergen	24.12	3:29:32	8:41	31	1:21:14	106	1:23:22	75.00	9:15:59	7:24	7		84	3:00:33
Fröttstädt	25.00	3:21:54	8:04	28	1:16:29	84	1:16:29	100.00	12:37:53	7:34	26	3:36:45	84	4:16:32