



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Hennig, René

Club: Potsdamer RG
Number: 139

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 12:52:01

Speed: 7.77 km/h
Running performance: 7:43 min/km

Rank in course/Total: 102 (of 176)

Rank in course/Men: 88 (of 140)

Best time in course: 8:21:21

Rank in category: 27(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	2:58:11	7:26	29	37:16	95	54:51	23.96	2:58:11	7:26	9		92	17:37
Floh-Seligenthal	26.92	3:11:19	7:06	28	44:49	92	1:05:23	50.88	6:09:30	7:15	9		92	15:04
Finsterbergen	24.12	3:18:26	8:13	26	1:10:08	91	1:12:16	75.00	9:27:56	7:34	8		88	3:12:30
Fröttstädt	25.00	3:24:05	8:09	29	1:18:40	86	1:18:40	100.00	12:52:01	7:43	27	3:50:53	88	4:30:40