



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Ernst, Roland

Club: Wiesbaden  
Number: 18

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 13:00:40

Speed: 7.69 km/h  
Running performance: 7:49 min/km

Rank in course/Total: 104 (of 176)

Rank in course/Men: 90 (of 140)

Best time in course: 8:21:21

Rank in category: 18(of 24)

Best time in the category: 9:30:28

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	2:54:05	7:15	17	36:12	93	50:45	23.96	2:54:05	7:15	7	26:36	94	13:31
Floh-Seligenthal	26.92	3:10:58	7:05	17	42:59	89	1:05:02	50.88	6:05:03	7:10	7	33:19	94	10:37
Finsterbergen	24.12	3:26:39	8:34	18	1:08:24	102	1:20:29	75.00	9:31:42	7:37	7	1:00:28	90	3:16:16
Fröttstädt	25.00	3:28:58	8:21	17	1:02:37	93	1:23:33	100.00	13:00:40	7:48	18	3:30:12	90	4:39:19