



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Köneke, Tilman

Club: Flensburg  
Number: 135

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M40

Total time: 13:05:40

Speed: 7.64 km/h  
Running performance: 7:52 min/km

Rank in course/Total: 105 (of 176)

Rank in course/Men: 91 (of 140)

Best time in course: 8:21:21

Rank in category: 16(of 21)

Best time in the category: 8:21:21

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	3:02:58	7:38	18	59:38	103	59:38	23.96	3:02:58	7:38	7	19:46	95	22:24
Floh-Seligenthal	26.92	3:11:30	7:06	16	1:05:34	93	1:05:34	50.88	6:14:28	7:21	7	33:13	95	20:02
Finsterbergen	24.12	3:07:45	7:47	16	1:01:35	75	1:01:35	75.00	9:22:13	7:29	7	1:01:48	91	3:06:47
Fröttstädt	25.00	3:43:27	8:56	18	1:37:32	104	1:38:02	100.00	13:05:40	7:51	16	4:44:19	91	4:44:19