



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Rothe, Gunter

Club: Lauffeuer Fröttstädt
Number: 1000

Course: 161.00 km
Thüringen ULTRA - 100 Meilen

Category:
Männer M45

Total time: 23:09:23

Speed: 6.95 km/h
Running performance: 8:38 min/km

Rank in course/Total: 36 (of 89)

Rank in course/Men: 35 (of 84)

Best time in course: 16:36:15

Rank in category: 13(of 24)

Best time in the category: 17:14:24

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	5:50:07	8:08	20	2:54:14	60	2:54:14	43.00	5:50:07	8:08	25	5:50:07	85	5:50:07
Sondra	28.00	4:16:24	9:09	15	1:11:53	44	1:22:32	71.00	10:06:31	8:32	23	10:06:31	82	10:06:31
Ruhlaer Skihütte	14.00	2:18:43	9:54	14	37:55	42	42:03	85.00	12:25:14	8:46	19	12:25:14	74	12:25:14
Brotterode/Klein:	15.00	2:09:45	8:39	11	29:58	28	37:41	100.00	14:34:59	8:44	19	14:34:59	72	14:34:59
Floh-Seligenthal	12.00	1:30:16	7:31	13	21:49	36	30:27	112.00	16:05:15	8:37	19	16:05:15	72	16:05:15
Finsterbergen	23.00	3:30:11	9:08	6	43:45	20	54:02	135.00	19:35:26	8:42	19	19:35:26	72	19:35:26
Fröttstädt	26.00	3:33:57	8:13	10	1:02:03	22	1:02:03	161.00	23:09:23	8:37	13	5:54:59	35	6:33:08