



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Ley, Helmut

Club: Homberger TV  
Number: 163

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M65

Total time: 13:17:16

Speed: 7.53 km/h  
Running performance: 7:58 min/km

Rank in course/Total: 107 (of 176)

Rank in course/Men: 92 (of 140)

Best time in course: 8:21:21

Rank in category: 1(of 1)

Best time in the category: 13:17:16

Intermediate times

Stage score

Total ranking

| Control          | Split | Split   | Split  | Pos  | Behind | Pos | Behind  | Total  | Total    | Total  | Pos  | Behind | Pos | Behind  |
|------------------|-------|---------|--------|------|--------|-----|---------|--------|----------|--------|------|--------|-----|---------|
|                  | km    | Time    | min/km | Cat. | Cat.   | Men | Men     | km     | Time     | min/km | Cat. | Cat.   | Men | Men     |
| Ruhlaer Skihütte | 23.96 | 3:03:01 | 7:38   | 1    | -      | 104 | 59:41   | 23.96  | 3:03:01  | 7:38   | 1    | -      | 96  | 22:27   |
| Floh-Seligenthal | 26.92 | 3:12:12 | 7:08   | 1    | -      | 95  | 1:06:16 | 50.88  | 6:15:13  | 7:22   | 1    | -      | 96  | 20:47   |
| Finsterbergen    | 24.12 | 3:06:59 | 7:45   | 1    | -      | 71  | 1:00:49 | 75.00  | 9:22:12  | 7:29   | 1    | -      | 92  | 3:06:46 |
| Fröttstädt       | 25.00 | 3:55:04 | 9:24   | 1    | -      | 114 | 1:49:39 | 100.00 | 13:17:16 | 7:58   | 1    | -      | 92  | 4:55:55 |