



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Goly, Volker

Club: Karate Dojo Erlangen
Number: 105

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 13:17:35

Speed: 7.52 km/h
Running performance: 7:59 min/km

Rank in course/Total: 111 (of 176)

Rank in course/Men: 96 (of 140)

Best time in course: 8:21:21

Rank in category: 17(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 | | Behind | | Total | | | Pos | | Behind | |
|------------------|-------------|---------------|-----------------|------|---------|--------|---------|--------|----------|--------|------|---------|--------|---------|
| | | | | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Ruhlaer Skihütte | 23.96 | 2:48:41 | 7:02 | 16 | 45:21 | 82 | 45:21 | 23.96 | 2:48:41 | 7:02 | 6 | 5:29 | 97 | 8:07 |
| Floh-Seligenthal | 26.92 | 3:11:07 | 7:05 | 15 | 1:05:11 | 91 | 1:05:11 | 50.88 | 5:59:48 | 7:04 | 6 | 18:33 | 97 | 5:22 |
| Finsterbergen | 24.12 | 3:23:17 | 8:25 | 17 | 1:17:07 | 97 | 1:17:07 | 75.00 | 9:23:05 | 7:30 | 6 | 1:02:40 | 93 | 3:07:39 |
| Fröttstädt | 25.00 | 3:54:30 | 9:22 | 19 | 1:48:35 | 113 | 1:49:05 | 100.00 | 13:17:35 | 7:58 | 17 | 4:56:14 | 96 | 4:56:14 |