



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 Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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