



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Rühl, Wolfgang

Club: LT Hemsbach  
Number: 36

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M55

Total time: 13:25:18

Speed: 7.45 km/h  
Running performance: 8:03 min/km

Rank in course/Total: 116 (of 176)

Rank in course/Men: 101 (of 140)

Best time in course: 8:21:21

Rank in category: 9(of 14)

Best time in the category: 10:44:52

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	2:51:23	7:09	7	20:04	88	48:03	23.96	2:51:23	7:09	10	10:49	105	10:49
Floh-Seligenthal	26.92	3:09:29	7:02	7	23:32	84	1:03:33	50.88	6:00:52	7:05	10	6:26	105	6:26
Finsterbergen	24.12	3:27:32	8:36	11	47:25	103	1:21:22	75.00	9:28:24	7:34	9	1:31:01	101	3:12:58
Fröttstädt	25.00	3:56:54	9:28	12	1:14:43	115	1:51:29	100.00	13:25:18	8:03	9	2:40:26	101	5:03:57