



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Helle, Friedrich

Club: Lage  
Number: 110

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 13:30:24

Speed: 7.40 km/h  
Running performance: 8:06 min/km

Rank in course/Total: 118 (of 176)

Rank in course/Men: 103 (of 140)

Best time in course: 8:21:21

Rank in category: 30(of 39)

Best time in the category: 9:01:08

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	3:17:43	8:15	37	56:48	127	1:14:23	23.96	3:17:43	8:15	12	-	107	37:09
Floh-Seligenthal	26.92	3:22:20	7:30	29	55:50	103	1:16:24	50.88	6:40:03	7:51	12	-	107	45:37
Finsterbergen	24.12	3:23:40	8:26	27	1:15:22	98	1:17:30	75.00	10:03:43	8:02	1	-	103	3:48:17
Fröttstädt	25.00	3:26:41	8:16	31	1:21:16	90	1:21:16	100.00	13:30:24	8:06	30	4:29:16	103	5:09:03