



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Aust, Frank

Club: Die Otternasen
Number: 1015

Course: 100.00 km
Thüringen ULTRA - 100 km Extra

Category:
Männer

Total time: 13:14:20

Speed: 7.55 km/h
Running performance: 7:56 min/km

Rank in course/Total: 3 (of 21)

Rank in course/Men: 3 (of 21)

Best time in course: 11:52:52

Rank in category: 3(of 21)

Best time in the category: 11:52:52

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
Berggasthof Hör:	43.00	5:30:45	7:41	9	1:18:10	9	1:18:10	43.00	5:30:45	7:41	22	5:30:45	22	5:30:45
Sondra	28.00	3:36:35	7:44	3	8:15	3	8:15	71.00	9:07:20	7:42	22	9:07:20	22	9:07:20
Ruhlaer Skihütte	14.00	2:08:13	9:09	3	6:56	3	6:56	85.00	11:15:33	7:56	22	11:15:33	22	11:15:33
Fröttstädt	15.00	1:58:47	7:55	1	-	1	-	100.00	13:14:20	7:56	3	1:21:28	3	1:21:28