



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Kuste, Siegmar

Club: Laufteam Donautal Austria  
Number: 41

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M55

Total time: 13:33:16

Speed: 7.38 km/h  
Running performance: 8:08 min/km

Rank in course/Total: 120 (of 176)

Rank in course/Men: 104 (of 140)

Best time in course: 8:21:21

Rank in category: 11(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	3:01:28	7:34	9	30:09	100	58:08	23.96	3:01:28	7:34	12	20:54	108	20:54
Floh-Seligenthal	26.92	3:07:44	6:58	6	21:47	83	1:01:48	50.88	6:09:12	7:15	12	14:46	108	14:46
Finsterbergen	24.12	3:19:14	8:15	9	39:07	93	1:13:04	75.00	9:28:26	7:34	11	1:31:03	104	3:13:00
Fröttstädt	25.00	4:04:50	9:47	13	1:22:39	118	1:59:25	100.00	13:33:16	8:07	11	2:48:24	104	5:11:55