



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Szablicki, Aleksy

Club: WKB META Lubliniec
Number: 1105

Course: 161.00 km
Thüringen ULTRA - 100 Meilen

Category:
Männer M50

Total time: 25:37:52

Speed: 6.28 km/h
Running performance: 9:33 min/km

Rank in course/Total: 62 (of 89)

Rank in course/Men: 60 (of 84)

Best time in course: 16:36:15

Rank in category: 20(of 23)

Best time in the category: 18:27:36

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
Berggasthof Hör:	43.00	6:18:37	8:48	22	1:56:58	76	3:22:44	43.00	6:18:37	8:48	24	6:18:37	85	6:18:37
Sondra	28.00	5:25:22	11:37	22	2:13:18	78	2:31:30	71.00	11:43:59	9:54	24	11:43:59	82	11:43:59
Ruhlaer Skihütte	14.00	2:53:48	12:24	22	1:01:19	71	1:17:08	85.00	14:37:47	10:19	24	14:37:47	74	14:37:47
Brotterode/Klein:	15.00	2:27:20	9:49	19	42:01	60	55:16	100.00	17:05:07	10:15	23	17:05:07	72	17:05:07
Floh-Seligenthal	12.00	1:32:04	7:40	13	24:09	44	32:15	112.00	18:37:11	9:58	23	18:37:11	72	18:37:11
Finstenberg	23.00	3:35:23	9:21	7	33:02	23	59:14	135.00	22:12:34	9:52	23	22:12:34	72	22:12:34
Fröttstädt	26.00	3:25:18	7:53	5	28:33	16	53:24	161.00	25:37:52	9:33	20	7:10:16	60	9:01:37