



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Berthold, Uwe

Club: Burgstädter Lv
Number: 28

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 13:43:16

Speed: 7.29 km/h
Running performance: 8:14 min/km

Rank in course/Total: 125 (of 176)

Rank in course/Men: 107 (of 140)

Best time in course: 8:21:21

Rank in category: 32(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	3:07:27	7:49	33	46:32	114	1:04:07	23.96	3:07:27	7:49	14		111	26:53
Floh-Seligenthal	26.92	3:30:39	7:49	34	1:04:09	111	1:24:43	50.88	6:38:06	7:49	14		111	43:40
Finsterbergen	24.12	3:28:49	8:39	30	1:20:31	105	1:22:39	75.00	10:06:55	8:05	13	3:12	107	3:51:29
Fröttstädt	25.00	3:36:21	8:39	32	1:30:56	98	1:30:56	100.00	13:43:16	8:13	32	4:42:08	107	5:21:55