



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Ullrich, Frank

Club: Giessen  
Number: 171

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 13:55:45

Speed: 7.18 km/h  
Running performance: 8:22 min/km

Rank in course/Total: 128 (of 176)

Rank in course/Men: 109 (of 140)

Best time in course: 8:21:21

Rank in category: 33(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Ruhlaer Skihütte	23.96	3:06:58	7:48	32	46:03	113	1:03:38	23.96	3:06:58	7:48	15		113	26:24
Floh-Seligenthal	26.92	3:23:26	7:33	30	56:56	104	1:17:30	50.88	6:30:24	7:40	15		113	35:58
Finsterbergen	24.12	3:46:10	9:22	34	1:37:52	115	1:40:00	75.00	10:16:34	8:13	14	12:51	109	4:01:08
Fröttstädt	25.00	3:39:11	8:46	33	1:33:46	100	1:33:46	100.00	13:55:45	8:21	33	4:54:37	109	5:34:24