



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Baumgarten, Karl Wolfgang

Club: 100 Marathon Club  
Number: 20

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M55

Total time: 14:01:21

Speed: 7.13 km/h  
Running performance: 8:25 min/km

Rank in course/Total: 131 (of 176)

Rank in course/Men: 110 (of 140)

Best time in course: 8:21:21

Rank in category: 12(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	3:03:19	7:39	10	32:00	105	59:59	23.96	3:03:19	7:39	13	22:45	114	22:45
Floh-Seligenthal	26.92	3:37:00	8:03	13	51:03	121	1:31:04	50.88	6:40:19	7:52	13	45:53	114	45:53
Finsterbergen	24.12	3:37:41	9:01	13	57:34	112	1:31:31	75.00	10:18:00	8:14	12	2:20:37	110	4:02:34
Fröttstädt	25.00	3:43:21	8:56	10	1:01:10	103	1:37:56	100.00	14:01:21	8:24	12	3:16:29	110	5:40:00