



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Lynas, Matthew

Club: LTV Erfurt  
Number: 160

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M40

Total time: 8:21:21

Speed: 11.97 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 1 (of 176)

Rank in course/Men: 1 (of 140)

Best time in course: 8:21:21

Rank in category: 1(of 21)

Best time in the category: 8:21:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:03:20	5:08	1	-	1	-	23.96	2:03:20	5:08	12	-	3	-
Floh-Seligenthal	26.92	2:05:56	4:40	1	-	1	-	50.88	4:09:16	4:53	12	-	3	-
Finsterbergen	24.12	2:06:10	5:13	1	-	1	-	75.00	6:15:26	5:00	12	-	1	-
Fröttstädt	25.00	2:05:55	5:02	1	-	2	0:30	100.00	8:21:21	5:00	1	-	1	-