



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Traeder, Martin

Club: 100 Marathon Club  
Number: 80

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M20

Total time: 14:03:47

Speed: 7.11 km/h  
Running performance: 8:26 min/km

Rank in course/Total: 134 (of 176)

Rank in course/Men: 111 (of 140)

Best time in course: 8:21:21

Rank in category: 5(of 5)

Best time in the category: 10:33:18

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	3:00:28	7:31	4	36:52	98	57:08	23.96	3:00:28	7:31	5	36:02	115	19:54
Floh-Seligenthal	26.92	3:15:48	7:16	4	42:32	98	1:09:52	50.88	6:16:16	7:23	5	1:17:21	115	21:50
Finsterbergen	24.12	3:42:33	9:13	5	59:55	114	1:36:23	75.00	9:58:49	7:59	5	2:17:16	111	3:43:23
Fröttstädt	25.00	4:04:58	9:47	5	1:13:13	119	1:59:33	100.00	14:03:47	8:26	5	3:30:29	111	5:42:26