



5. Thüringen ULTRA

Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Lux, Arno

Club: VGDS OSTBELGIEN

Number: 1114

Course: 100.00 km

Thüringen ULTRA - 100 km Extra

Category:

Männer

Total time: 14:55:03

Speed: 6.70 km/h

Running performance: 8:57 min/km

Rank in course/Total: 7 (of 21)

Rank in course/Men: 7 (of 21)

Best time in course: 11:52:52

Rank in category: 7(of 21)

Best time in the category: 11:52:52

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
Berggasthof Hörn	43.00	5:16:49	7:22	6	1:04:14	6	1:04:14	43.00	5:16:49	7:22	22	5:16:49	22	5:16:49
Sondra	28.00	4:34:08	9:47	11	1:05:48	11	1:05:48	71.00	9:50:57	8:19	22	9:50:57	22	9:50:57
Ruhlaer Skihütte	14.00	2:37:07	11:13	10	35:50	10	35:50	85.00	12:28:04	8:48	22	12:28:04	22	12:28:04
Fröttstädt	15.00	2:26:59	9:47	6	28:12	6	28:12	100.00	14:55:03	8:57	6	3:02:11	6	3:02:11