



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Fugiel, Jacek

Club: Röhrmoos  
Number: 1002

Course: 161.00 km  
Thüringen ULTRA - 100 Meilen

Category:  
Männer M45

Total time: 23:06:09

Speed: 6.97 km/h  
Running performance: 8:37 min/km

Rank in course/Total: 34 (of 89)

Rank in course/Men: 33 (of 84)

Best time in course: 16:36:15

Rank in category: 12(of 24)

Best time in the category: 17:14:24

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 Hör:	43.00	5:08:13	7:10	10	2:12:20	24	2:12:20	43.00	5:08:13	7:10	25	5:08:13	85	5:08:13
Sondra	28.00	3:58:12	8:30	9	53:41	28	1:04:20	71.00	9:06:25	7:41	23	9:06:25	82	9:06:25
Ruhlaer Skihütte	14.00	2:26:31	10:27	16	45:43	50	49:51	85.00	11:32:56	8:09	19	11:32:56	74	11:32:56
Brotterode/Kleins:	15.00	2:11:08	8:44	12	31:21	31	39:04	100.00	13:44:04	8:14	19	13:44:04	72	13:44:04
Floh-Seligenthal	12.00	1:23:20	6:56	7	14:53	23	23:31	112.00	15:07:24	8:06	19	15:07:24	72	15:07:24
Finstenberg	23.00	3:57:26	10:19	15	1:11:00	45	1:21:17	135.00	19:04:50	8:28	19	19:04:50	72	19:04:50
Fröttstädt	26.00	4:01:19	9:16	14	1:29:25	40	1:29:25	161.00	23:06:09	8:36	12	5:51:45	33	6:29:54