



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Frenz, Michael

Club: LG Nord Berlin Ultrateam
Number: 1072

Course: 161.00 km
Thüringen ULTRA - 100 Meilen

Category:
Männer M40

Total time: 23:06:06

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

Rank in course/Total: 33 (of 89)

Rank in course/Men: 32 (of 84)

Best time in course: 16:36:15

Rank in category: 6(of 12)

Best time in the category: 16:56:14

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	5:08:16	7:10	5	59:38	25	2:12:23	43.00	5:08:16	7:10	13		85	5:08:16
Sondra	28.00	3:49:57	8:12	4	56:05	21	56:05	71.00	8:58:13	7:34	12	8:58:13	82	8:58:13
Ruhlaer Skihütte	14.00	2:05:22	8:57	3	28:13	17	28:42	85.00	11:03:35	7:48	12	11:03:35	74	11:03:35
Brotterode/Klein:	15.00	2:18:40	9:14	6	42:05	45	46:36	100.00	13:22:15	8:01	11	13:22:15	72	13:22:15
Floh-Seligenthal	12.00	1:30:43	7:33	6	27:06	39	30:54	112.00	14:52:58	7:58	11	14:52:58	72	14:52:58
Finsterbergen	23.00	4:11:44	10:56	8	1:24:09	56	1:35:35	135.00	19:04:42	8:28	11	19:04:42	72	19:04:42
Fröttstädt	26.00	4:01:24	9:17	5	1:12:36	41	1:29:30	161.00	23:06:06	8:36	6	6:09:52	32	6:29:51