



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Stief, Udo

Club: DUV

Number: 1038

Course: 161.00 km

Thüringen ULTRA - 100 Meilen

Category:

Männer M50

Total time: 23:08:26

Speed: 6.96 km/h

Running performance: 8:37 min/km

Rank in course/Total: 35 (of 89)

Rank in course/Men: 34 (of 84)

Best time in course: 16:36:15

Rank in category: 11(of 23)

Best time in the category: 18:27:36

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 |
| Berggasthof Hör: | 43.00 | 5:44:33 | 8:00 | 16 | 1:22:54 | 56 | 2:48:40 | 43.00 | 5:44:33 | 8:00 | 24 | 5:44:33 | 85 | 5:44:33 |
| Sondra | 28.00 | 4:01:11 | 8:36 | 8 | 49:07 | 31 | 1:07:19 | 71.00 | 9:45:44 | 8:14 | 24 | 9:45:44 | 82 | 9:45:44 |
| Ruhlaer Skihütte | 14.00 | 2:07:17 | 9:05 | 4 | 14:48 | 20 | 30:37 | 85.00 | 11:53:01 | 8:23 | 24 | 11:53:01 | 74 | 11:53:01 |
| Brotterode/Klein: | 15.00 | 2:10:09 | 8:40 | 8 | 24:50 | 29 | 38:05 | 100.00 | 14:03:10 | 8:25 | 23 | 14:03:10 | 72 | 14:03:10 |
| Floh-Seligenthal | 12.00 | 1:42:40 | 8:33 | 20 | 34:45 | 62 | 42:51 | 112.00 | 15:45:50 | 8:26 | 23 | 15:45:50 | 72 | 15:45:50 |
| Finsterbergen | 23.00 | 3:45:17 | 9:47 | 10 | 42:56 | 31 | 1:09:08 | 135.00 | 19:31:07 | 8:40 | 23 | 19:31:07 | 72 | 19:31:07 |
| Fröttstädt | 26.00 | 3:37:19 | 8:21 | 7 | 40:34 | 25 | 1:05:25 | 161.00 | 23:08:26 | 8:37 | 11 | 4:40:50 | 34 | 6:32:11 |