



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Hardenack, Frank

Club: Olpe-Neuenkleusheim  
Number: 1

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M35

Total time: 8:32:11

Speed: 11.71 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 2 (of 176)

Rank in course/Men: 2 (of 140)

Best time in course: 8:21:21

Rank in category: 1(of 15)

Best time in the category: 8:32:11

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	2:03:21	5:08	1	-	2	0:01	23.96	2:03:21	5:08	1	-	4	
Floh-Seligenthal	26.92	2:06:22	4:41	1	-	2	0:26	50.88	4:09:43	4:54	1	-	4	
Finsterbergen	24.12	2:08:30	5:19	1	-	3	2:20	75.00	6:18:13	5:02	1	-	2	2:47
Fröttstädt	25.00	2:13:58	5:21	1	-	4	8:33	100.00	8:32:11	5:07	1	-	2	10:50