



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Krüger, Mario

Club: Hoppegarten  
Number: 42

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 14:12:27

Speed: 7.04 km/h  
Running performance: 8:31 min/km

Rank in course/Total: 136 (of 176)

Rank in course/Men: 113 (of 140)

Best time in course: 8:21:21

Rank in category: 34(of 39)

Best time in the category: 9:01:08

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
Ruhlaer Skihütte	23.96	3:11:36	7:59	34	50:41	121	1:08:16	23.96	3:11:36	7:59	16		112	31:02
Floh-Seligenthal	26.92	3:28:12	7:44	32	1:01:42	107	1:22:16	50.88	6:39:48	7:51	16		118	45:22
Finsterbergen	24.12	3:52:59	9:39	35	1:44:41	121	1:46:49	75.00	10:32:47	8:26	15	29:04	114	4:17:21
Fröttstädt	25.00	3:39:40	8:47	34	1:34:15	101	1:34:15	100.00	14:12:27	8:31	34	5:11:19	113	5:51:06