



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Niestroj, André Johannes

Club: Otternasen

Number: 1048

Course: 161.00 km

Thüringen ULTRA - 100 Meilen

Category:

Männer M40

Total time: 22:12:41

Speed: 7.25 km/h

Running performance: 8:17 min/km

Rank in course/Total: 26 (of 89)

Rank in course/Men: 25 (of 84)

Best time in course: 16:36:15

Rank in category: 4(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	5:31:04	7:41	8	1:22:26	51	2:35:11	43.00	5:31:04	7:41	13		85	5:31:04
Sondra	28.00	3:37:58	7:47	3	44:06	14	44:06	71.00	9:09:02	7:43	12	9:09:02	82	9:09:02
Ruhlaer Skihütte	14.00	2:06:37	9:02	4	29:28	19	29:57	85.00	11:15:39	7:56	12	11:15:39	74	11:15:39
Brotterode/Kleins:	15.00	1:58:43	7:54	2	22:08	13	26:39	100.00	13:14:22	7:56	11	13:14:22	72	13:14:22
Floh-Seligenthal	12.00	1:22:40	6:53	4	19:03	19	22:51	112.00	14:37:02	7:49	11	14:37:02	72	14:37:02
Finsterbergen	23.00	3:25:34	8:56	4	37:59	15	49:25	135.00	18:02:36	8:01	11	18:02:36	72	18:02:36
Fröttstädt	26.00	4:10:05	9:37	7	1:21:17	50	1:38:11	161.00	22:12:41	8:16	4	5:16:27	25	5:36:26