



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Penning, Hans-Dieter

Club: Fortuna logabirum  
Number: 90

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 14:17:52

Speed: 6.99 km/h  
Running performance: 8:35 min/km

Rank in course/Total: 141 (of 176)

Rank in course/Men: 115 (of 140)

Best time in course: 8:21:21

Rank in category: 35(of 39)

Best time in the category: 9:01:08

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	3:14:41	8:07	35	53:46	125	1:11:21	23.96	3:14:41	8:07	17		120	34:07
Floh-Seligenthal	26.92	3:35:46	8:00	36	1:09:16	120	1:29:50	50.88	6:50:27	8:04	17	3:04	120	56:01
Finsterbergen	24.12	3:36:42	8:59	32	1:28:24	110	1:30:32	75.00	10:27:09	8:21	16	23:26	116	4:11:43
Fröttstädt	25.00	3:50:43	9:13	35	1:45:18	107	1:45:18	100.00	14:17:52	8:34	35	5:16:44	115	5:56:31