



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Schramm, Sören

Club: Chemnitzer LV Megware
Number: 1082

Course: 161.00 km
Thüringen ULTRA - 100 Meilen

Category:
Männer M30

Total time: 20:25:51

Speed: 7.88 km/h
Running performance: 7:37 min/km

Rank in course/Total: 10 (of 89)

Rank in course/Men: 10 (of 84)

Best time in course: 16:36:15

Rank in category: 3(of 6)

Best time in the category: 16:36:15

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	4:29:42	6:16	3	20:30	12	1:33:49	43.00	4:29:42	6:16	7	4:29:42	85	4:29:42
Sondra	28.00	3:22:38	7:14	3	24:26	7	28:46	71.00	7:52:20	6:39	7	7:52:20	82	7:52:20
Ruhlaer Skihütte	14.00	2:00:05	8:34	3	23:25	12	23:25	85.00	9:52:25	6:58	7	9:52:25	74	9:52:25
Brotterode/Kleins:	15.00	1:52:53	7:31	3	20:49	8	20:49	100.00	11:45:18	7:03	7	11:45:18	72	11:45:18
Floh-Seligenthal	12.00	1:23:19	6:56	4	23:30	22	23:30	112.00	13:08:37	7:02	7	13:08:37	72	13:08:37
Finsterbergen	23.00	3:42:23	9:40	4	1:06:14	28	1:06:14	135.00	16:51:00	7:29	7	16:51:00	72	16:51:00
Fröttstädt	26.00	3:34:51	8:15	4	58:23	23	1:02:57	161.00	20:25:51	7:36	3	3:49:36	10	3:49:36