



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Ehmke, Thomas

Club: TSV Sibbesse
Number: 1053

Course: 161.00 km
Thüringen ULTRA - 100 Meilen

Category:
Männer M35

Total time: 23:27:33

Speed: 6.86 km/h
Running performance: 8:44 min/km

Rank in course/Total: 40 (of 89)

Rank in course/Men: 39 (of 84)

Best time in course: 16:36:15

Rank in category: 2(of 6)

Best time in the category: 23:18:47

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	5:07:39	7:09	2	43:43	23	2:11:46	43.00	5:07:39	7:09	7	5:07:39	85	5:07:39
Sondra	28.00	4:07:44	8:50	2	21:44	38	1:13:52	71.00	9:15:23	7:49	7	9:15:23	82	9:15:23
Ruhlaer Skihütte	14.00	2:26:56	10:29	2	17:58	52	50:16	85.00	11:42:19	8:15	5	11:42:19	74	11:42:19
Brotterode/Klein:	15.00	2:19:12	9:16	3	15:53	46	47:08	100.00	14:01:31	8:24	5	14:01:31	72	14:01:31
Floh-Seligenthal	12.00	1:25:01	7:05	2	4:43	26	25:12	112.00	15:26:32	8:16	5	15:26:32	72	15:26:32
Finsterbergen	23.00	3:59:09	10:23	1	-	46	1:23:00	135.00	19:25:41	8:38	5	19:25:41	72	19:25:41
Fröttstädt	26.00	4:01:52	9:18	2	9:48	43	1:29:58	161.00	23:27:33	8:44	2	8:46	39	6:51:18