



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Fasel, Norbert

Club: LSF Münster
Number: 1071

Course: 161.00 km
Thüringen ULTRA - 100 Meilen

Category:
Männer M45

Total time: 21:40:23

Speed: 7.43 km/h
Running performance: 8:05 min/km

Rank in course/Total: 21 (of 89)

Rank in course/Men: 20 (of 84)

Best time in course: 16:36:15

Rank in category: 9(of 24)

Best time in the category: 17:14:24

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	5:13:20	7:17	13	2:17:27	31	2:17:27	43.00	5:13:20	7:17	25	5:13:20	85	5:13:20
Sondra	28.00	3:31:19	7:32	4	26:48	11	37:27	71.00	8:44:39	7:23	23	8:44:39	82	8:44:39
Ruhlaer Skihütte	14.00	1:57:39	8:24	5	16:51	9	20:59	85.00	10:42:18	7:33	19	10:42:18	74	10:42:18
Brotterode/Klein:	15.00	2:05:56	8:23	10	26:09	26	33:52	100.00	12:48:14	7:40	19	12:48:14	72	12:48:14
Floh-Seligenthal	12.00	1:30:54	7:34	14	22:27	41	31:05	112.00	14:19:08	7:40	19	14:19:08	72	14:19:08
Finsterbergen	23.00	3:52:52	10:07	13	1:06:26	43	1:16:43	135.00	18:12:00	8:05	19	18:12:00	72	18:12:00
Fröttstädt	26.00	3:28:23	8:00	7	56:29	18	56:29	161.00	21:40:23	8:04	9	4:25:59	20	5:04:08