



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

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Club: LG Nord Berlin Ultrateam
Number: 149

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 8:41:11

Speed: 11.51 km/h
Running performance: 5:13 min/km

Rank in course/Total: 3 (of 176)

Rank in course/Men: 3 (of 140)

Best time in course: 8:21:21

Rank in category: 2(of 21)

Best time in the category: 8:21:21

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
Ruhlaer Skihütte	23.96	2:05:47	5:14	3	2:27	5	2:27	23.96	2:05:47	5:14	21		5	
Floh-Seligenthal	26.92	2:14:19	4:59	3	8:23	5	8:23	50.88	4:20:06	5:06	21		5	
Finsterbergen	24.12	2:11:37	5:27	2	5:27	5	5:27	75.00	6:31:43	5:13	21		3	16:17
Fröttstädt	25.00	2:09:28	5:10	2	3:33	3	4:03	100.00	8:41:11	5:12	2	19:50	3	19:50