



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Lohrke, Ralf

Club: Werne
Number: 1001

Course: 161.00 km
Thüringen ULTRA - 100 Meilen

Category:
Männer M45

Total time: 23:40:26

Speed: 6.80 km/h
Running performance: 8:49 min/km

Rank in course/Total: 42 (of 89)

Rank in course/Men: 41 (of 84)

Best time in course: 16:36:15

Rank in category: 15(of 24)

Best time in the category: 17:14:24

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Berggasthof Hör:	43.00	5:24:14	7:32	17	2:28:21	42	2:28:21	43.00	5:24:14	7:32	25	5:24:14	85	5:24:14
Sondra	28.00	4:08:20	8:52	13	1:03:49	39	1:14:28	71.00	9:32:34	8:03	23	9:32:34	82	9:32:34
Ruhlaer Skihütte	14.00	2:10:00	9:17	10	29:12	26	33:20	85.00	11:42:34	8:15	19	11:42:34	74	11:42:34
Brotterode/Klein:	15.00	2:19:24	9:17	15	39:37	47	47:20	100.00	14:01:58	8:25	19	14:01:58	72	14:01:58
Floh-Seligenthal	12.00	1:29:19	7:26	9	20:52	31	29:30	112.00	15:31:17	8:18	19	15:31:17	72	15:31:17
Finsterbergen	23.00	3:53:48	10:09	14	1:07:22	44	1:17:39	135.00	19:25:05	8:37	19	19:25:05	72	19:25:05
Fröttstädt	26.00	4:15:21	9:49	17	1:43:27	56	1:43:27	161.00	23:40:26	8:49	15	6:26:02	41	7:04:11