



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Kohler, Steffen

Club: LG DUV  
Number: 1007

Course: 161.00 km  
Thüringen ULTRA - 100 Meilen

Category:  
Männer M40

Total time: 22:43:42

Speed: 7.08 km/h  
Running performance: 8:28 min/km

Rank in course/Total: 29 (of 89)

Rank in course/Men: 28 (of 84)

Best time in course: 16:36:15

Rank in category: 5(of 12)

Best time in the category: 16:56:14

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	5:02:57	7:02	3	54:19	21	2:07:04	43.00	5:02:57	7:02	13		85	5:02:57
Sondra	28.00	3:56:11	8:26	6	1:02:19	26	1:02:19	71.00	8:59:08	7:35	12	8:59:08	82	8:59:08
Ruhlaer Skihütte	14.00	2:20:34	10:02	6	43:25	44	43:54	85.00	11:19:42	7:59	12	11:19:42	74	11:19:42
Brotterode/Kleins:	15.00	2:11:34	8:46	5	34:59	32	39:30	100.00	13:31:16	8:06	11	13:31:16	72	13:31:16
Floh-Seligenthal	12.00	1:28:06	7:20	5	24:29	28	28:17	112.00	14:59:22	8:01	11	14:59:22	72	14:59:22
Finsterbergen	23.00	3:44:20	9:45	5	56:45	30	1:08:11	135.00	18:43:42	8:19	11	18:43:42	72	18:43:42
Fröttstädt	26.00	4:00:00	9:13	4	1:11:12	38	1:28:06	161.00	22:43:42	8:28	5	5:47:28	28	6:07:27