



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Wooßmann, Frank

Club: Lauffreunde Osterholz
Number: 38

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 14:47:17

Speed: 6.76 km/h
Running performance: 8:52 min/km

Rank in course/Total: 147 (of 176)

Rank in course/Men: 119 (of 140)

Best time in course: 8:21:21

Rank in category: 21(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	3:08:26	7:51	20	1:05:06	117	1:05:06	23.96	3:08:26	7:51	2	25:14	124	27:52
Floh-Seligenthal	26.92	3:31:24	7:51	19	1:25:28	112	1:25:28	50.88	6:39:50	7:51	2	58:35	124	45:24
Finsterbergen	24.12	3:47:31	9:25	20	1:41:21	116	1:41:21	75.00	10:27:21	8:21	2	2:06:56	120	4:11:55
Fröttstädt	25.00	4:19:56	10:23	21	2:14:01	125	2:14:31	100.00	14:47:17	8:52	21	6:25:56	119	6:25:56