



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

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Club: LG Würzburg  
Number: 125

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M35

Total time: 8:45:51

Speed: 11.41 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 4 (of 176)

Rank in course/Men: 4 (of 140)

Best time in course: 8:21:21

Rank in category: 2(of 15)

Best time in the category: 8:32:11

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	2:03:27	5:09	2	0:06	3	0:07	23.96	2:03:27	5:09	2	0:06	6	
Floh-Seligenthal	26.92	2:08:58	4:47	2	2:36	3	3:02	50.88	4:12:25	4:57	2	2:42	6	
Finsterbergen	24.12	2:11:11	5:26	2	2:41	4	5:01	75.00	6:23:36	5:06	2	5:23	4	8:10
Fröttstädt	25.00	2:22:15	5:41	2	8:17	6	16:50	100.00	8:45:51	5:15	2	13:40	4	24:30