



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Luniak, Harald

Club: Groß Schierstedt
Number: 1099

Course: 161.00 km
Thüringen ULTRA - 100 Meilen

Category:
Männer M50

Total time: 27:02:46

Speed: 5.95 km/h
Running performance: 10:05 min/km

Rank in course/Total: 72 (of 89)

Rank in course/Men: 68 (of 84)

Best time in course: 16:36:15

Rank in category: 21(of 23)

Best time in the category: 18:27:36

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	5:24:22	7:32	12	1:02:43	44	2:28:29	43.00	5:24:22	7:32	24	5:24:22	85	5:24:22
Sondra	28.00	6:06:27	13:05	23	2:54:23	81	3:12:35	71.00	11:30:49	9:43	24	11:30:49	82	11:30:49
Ruhlaer Skihütte	14.00	2:13:04	9:30	10	20:35	31	36:24	85.00	13:43:53	9:41	24	13:43:53	74	13:43:53
Brotterode/Kleins:	15.00	2:33:29	10:13	21	48:10	68	1:01:25	100.00	16:17:22	9:46	23	16:17:22	72	16:17:22
Floh-Seligenthal	12.00	1:30:28	7:32	12	22:33	38	30:39	112.00	17:47:50	9:32	23	17:47:50	72	17:47:50
Finsterbergen	23.00	4:19:24	11:16	21	1:17:03	63	1:43:15	135.00	22:07:14	9:49	23	22:07:14	72	22:07:14
Fröttstädt	26.00	4:55:32	11:22	22	1:58:47	69	2:23:38	161.00	27:02:46	10:04	21	8:35:10	68	10:26:31