



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

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Club: Endorphinjunkies.de Dortmund  
Number: 1068

Course: 161.00 km  
Thüringen ULTRA - 100 Meilen

Category:  
Männer M20

Total time: 24:12:22

Speed: 6.65 km/h  
Running performance: 9:01 min/km

Rank in course/Total: 46 (of 89)

Rank in course/Men: 45 (of 84)

Best time in course: 16:36:15

Rank in category: 1(of 1)

Best time in the category: 24:12:22

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	5:24:11	7:32	1	-	41	2:28:18	43.00	5:24:11	7:32	2	5:24:11	85	5:24:11
Sondra	28.00	4:17:20	9:11	1	-	47	1:23:28	71.00	9:41:31	8:11	2	9:41:31	82	9:41:31
Ruhlaer Skihütte	14.00	2:37:30	11:15	1	-	67	1:00:50	85.00	12:19:01	8:41	2	12:19:01	74	12:19:01
Brotterode/Klein:	15.00	2:15:56	9:03	1	-	40	43:52	100.00	14:34:57	8:44	2	14:34:57	72	14:34:57
Floh-Seligenthal	12.00	1:31:48	7:38	1	-	42	31:59	112.00	16:06:45	8:37	2	16:06:45	72	16:06:45
Finsterbergen	23.00	3:52:23	10:06	1	-	42	1:16:14	135.00	19:59:08	8:52	2	19:59:08	72	19:59:08
Fröttstädt	26.00	4:13:14	9:44	1	-	52	1:41:20	161.00	24:12:22	9:01	1	-	45	7:36:07