



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Urlaub, Martin

Club: Endorphinjunkies.de Dortmund  
Number: 113

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M35

Total time: 15:14:11

Speed: 6.56 km/h  
Running performance: 9:08 min/km

Rank in course/Total: 151 (of 176)

Rank in course/Men: 122 (of 140)

Best time in course: 8:21:21

Rank in category: 12(of 15)

Best time in the category: 8:32:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	3:20:11	8:21	12	1:16:50	129	1:16:51	23.96	3:20:11	8:21	12	1:16:50	127	39:37
Floh-Seligenthal	26.92	3:48:01	8:28	14	1:41:39	128	1:42:05	50.88	7:08:12	8:24	12	2:58:29	127	1:13:46
Finsterbergen	24.12	3:52:23	9:38	12	1:43:53	120	1:46:13	75.00	11:00:35	8:48	12	4:42:22	123	4:45:09
Fröttstädt	25.00	4:13:36	10:08	12	1:59:38	120	2:08:11	100.00	15:14:11	9:08	12	6:42:00	122	6:52:50