



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Rouse, W. Mike

Club: H.U.R.T. Hawaii Ultra Running Team
Number: 1101

Course: 100.00 km
Thüringen ULTRA - 100 km Extra

Category:
Männer

Total time: 17:23:53

Speed: 5.75 km/h
Running performance: 10:26 min/km

Rank in course/Total: 20 (of 21)

Rank in course/Men: 20 (of 21)

Best time in course: 11:52:52

Rank in category: 20(of 21)

Best time in the category: 11:52:52

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	6:40:36	9:18	21	2:28:01	21	2:28:01	43.00	6:40:36	9:18	22	6:40:36	22	6:40:36
Sondra	28.00	4:37:12	9:54	13	1:08:52	13	1:08:52	71.00	11:17:48	9:32	22	11:17:48	22	11:17:48
Ruhlaer Skihütte	14.00	3:18:19	14:09	21	1:17:02	21	1:17:02	85.00	14:36:07	10:18	22	14:36:07	22	14:36:07
Fröttstädt	15.00	2:47:46	11:11	15	48:59	15	48:59	100.00	17:23:53	10:26	20	5:31:01	20	5:31:01