



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Jahn, Henry

Club: SV Bad Düben  
Number: 51

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 15:24:42

Speed: 6.49 km/h  
Running performance: 9:15 min/km

Rank in course/Total: 155 (of 176)

Rank in course/Men: 125 (of 140)

Best time in course: 8:21:21

Rank in category: 36(of 39)

Best time in the category: 9:01:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Ruhlaer Skihütte	23.96	3:06:22	7:46	30	45:27	109	1:03:02	23.96	3:06:22	7:46	18		130	25:48
Floh-Seligenthal	26.92	3:40:20	8:11	37	1:13:50	124	1:34:24	50.88	6:46:42	7:59	18		130	52:16
Finsterbergen	24.12	4:16:36	10:38	37	2:08:18	132	2:10:26	75.00	11:03:18	8:50	17	59:35	126	4:47:52
Fröttstädt	25.00	4:21:24	10:27	37	2:15:59	126	2:15:59	100.00	15:24:42	9:14	36	6:23:34	125	7:03:21