



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Rump, Eckhard

Club: LG Oelde/Wadersloh
Number: 1026

Course: 161.00 km
Thüringen ULTRA - 100 Meilen

Category:
Männer M45

Total time: 24:26:27

Speed: 6.59 km/h
Running performance: 9:07 min/km

Rank in course/Total: 50 (of 89)

Rank in course/Men: 49 (of 84)

Best time in course: 16:36:15

Rank in category: 17(of 24)

Best time in the category: 17:14:24

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	5:18:23	7:24	16	2:22:30	38	2:22:30	43.00	5:18:23	7:24	25	5:18:23	85	5:18:23
Sondra	28.00	4:14:29	9:05	14	1:09:58	42	1:20:37	71.00	9:32:52	8:04	23	9:32:52	82	9:32:52
Ruhlaer Skihütte	14.00	2:33:29	10:57	17	52:41	60	56:49	85.00	12:06:21	8:32	19	12:06:21	74	12:06:21
Brotterode/Kleins:	15.00	2:25:56	9:43	16	46:09	57	53:52	100.00	14:32:17	8:43	19	14:32:17	72	14:32:17
Floh-Seligenthal	12.00	1:34:39	7:53	16	26:12	48	34:50	112.00	16:06:56	8:37	19	16:06:56	72	16:06:56
Finsterbergen	23.00	4:12:12	10:57	18	1:25:46	57	1:36:03	135.00	20:19:08	9:01	19	20:19:08	72	20:19:08
Fröttstädt	26.00	4:07:19	9:30	15	1:35:25	47	1:35:25	161.00	24:26:27	9:06	17	7:12:03	49	7:50:12