



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Rottmann, Rainer

Club: Freaky Friday Runners Bamberg  
Number: 1113

Course: 161.00 km  
Thüringen ULTRA - 100 Meilen

Category:  
Männer M40

Total time: 25:27:10

Speed: 6.33 km/h  
Running performance: 9:29 min/km

Rank in course/Total: 60 (of 89)

Rank in course/Men: 58 (of 84)

Best time in course: 16:36:15

Rank in category: 8(of 12)

Best time in the category: 16:56:14

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	5:55:33	8:16	11	1:46:55	70	2:59:40	43.00	5:55:33	8:16	13	2:09	85	5:55:33
Sondra	28.00	4:31:24	9:41	10	1:37:32	55	1:37:32	71.00	10:26:57	8:49	12	10:26:57	82	10:26:57
Ruhlaer Skihütte	14.00	2:26:47	10:29	9	49:38	51	50:07	85.00	12:53:44	9:06	12	12:53:44	74	12:53:44
Brotterode/Kleins:	15.00	2:29:47	9:59	8	53:12	65	57:43	100.00	15:23:31	9:14	11	15:23:31	72	15:23:31
Floh-Seligenthal	12.00	1:42:45	8:33	9	39:08	63	42:56	112.00	17:06:16	9:09	11	17:06:16	72	17:06:16
Finsterbergen	23.00	4:03:44	10:35	7	1:16:09	50	1:27:35	135.00	21:10:00	9:24	11	21:10:00	72	21:10:00
Fröttstädt	26.00	4:17:10	9:53	8	1:28:22	58	1:45:16	161.00	25:27:10	9:29	8	8:30:56	58	8:50:55