



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Caninenberg, Jens

Club: Hellental
Number: 1086

Course: 161.00 km
Thüringen ULTRA - 100 Meilen

Category:
Männer M40

Total time: 25:56:40

Speed: 6.21 km/h
Running performance: 9:40 min/km

Rank in course/Total: 65 (of 89)

Rank in course/Men: 62 (of 84)

Best time in course: 16:36:15

Rank in category: 9(of 12)

Best time in the category: 16:56:14

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total			Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.			Men	Men	km				
Berggasthof Hör:	43.00	5:26:06	7:35	7	1:17:28	48	2:30:13		43.00	5:26:06	7:35	13		85	5:26:06
Sondra	28.00	4:14:25	9:05	8	1:20:33	41	1:20:33	71.00	9:40:31	8:10	12	9:40:31	82	9:40:31	
Ruhlaer Skihütte	14.00	2:21:25	10:06	7	44:16	45	44:45	85.00	12:01:56	8:29	12	12:01:56	74	12:01:56	
Brotterode/Klein:	15.00	2:30:54	10:03	9	54:19	66	58:50	100.00	14:32:50	8:43	11	14:32:50	72	14:32:50	
Floh-Seligenthal	12.00	2:05:07	10:25	10	1:01:30	71	1:05:18	112.00	16:37:57	8:54	11	16:37:57	72	16:37:57	
Finsterbergen	23.00	4:23:03	11:26	9	1:35:28	66	1:46:54	135.00	21:01:00	9:20	11	21:01:00	72	21:01:00	
Fröttstädt	26.00	4:55:40	11:22	10	2:06:52	70	2:23:46	161.00	25:56:40	9:40	9	9:00:26	62	9:20:25	