



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Liegmann, Günter

Club: TV Georgsmarienhütte  
Number: 1024

Course: 161.00 km  
Thüringen ULTRA - 100 Meilen

Category:  
Männer M55

Total time: 25:03:06

Speed: 6.43 km/h  
Running performance: 9:20 min/km

Rank in course/Total: 56 (of 89)

Rank in course/Men: 54 (of 84)

Best time in course: 16:36:15

Rank in category: 3(of 6)

Best time in the category: 21:21:40

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	5:24:24	7:32	2	34:37	45	2:28:31	43.00	5:24:24	7:32	7		85	5:24:24
Sondra	28.00	4:17:09	9:11	2	25:11	46	1:23:17	71.00	9:41:33	8:11	7	9:41:33	82	9:41:33
Ruhlaer Skihütte	14.00	2:38:55	11:21	4	28:54	69	1:02:15	85.00	12:20:28	8:42	5	12:20:28	74	12:20:28
Brotterode/Kleins	15.00	2:24:12	9:36	3	17:19	53	52:08	100.00	14:44:40	8:50	5	14:44:40	72	14:44:40
Floh-Seligenthal	12.00	1:49:01	9:05	4	25:29	69	49:12	112.00	16:33:41	8:52	5	16:33:41	72	16:33:41
Finsterbergen	23.00	4:19:35	11:17	4	49:55	64	1:43:26	135.00	20:53:16	9:17	5	20:53:16	72	20:53:16
Fröttstädt	26.00	4:09:50	9:36	4	40:01	49	1:37:56	161.00	25:03:06	9:20	3	3:41:26	54	8:26:51