



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Häger, Sven-Eric

Club: KNBLO-Niederlande
Number: 9

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 16:18:26

Speed: 6.13 km/h
Running performance: 9:47 min/km

Rank in course/Total: 164 (of 176)

Rank in course/Men: 133 (of 140)

Best time in course: 8:21:21

Rank in category: 38(of 39)

Best time in the category: 9:01:08

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Ruhlaer Skihütte	23.96	3:06:28	7:46	31	45:33	111	1:03:08	23.96	3:06:28	7:46	20		138	25:54
Floh-Seligenthal	26.92	3:51:19	8:35	38	1:24:49	129	1:45:23	50.88	6:57:47	8:12	20	10:24	138	1:03:21
Finsterbergen	24.12	4:25:25	11:00	38	2:17:07	135	2:19:15	75.00	11:23:12	9:06	19	1:19:29	134	5:07:46
Fröttstädt	25.00	4:55:14	11:48	38	2:49:49	135	2:49:49	100.00	16:18:26	9:47	38	7:17:18	133	7:57:05