



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Ziemer, Ulrich

Club: Essen
Number: 1028

Course: 161.00 km
Thüringen ULTRA - 100 Meilen

Category:
Männer M50

Total time: 24:26:09

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

Rank in course/Total: 48 (of 89)

Rank in course/Men: 47 (of 84)

Best time in course: 16:36:15

Rank in category: 15(of 23)

Best time in the category: 18:27:36

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	5:23:58	7:32	11	1:02:19	39	2:28:05	43.00	5:23:58	7:32	24	5:23:58	85	5:23:58
Sondra	28.00	4:56:30	10:35	19	1:44:26	67	2:02:38	71.00	10:20:28	8:44	24	10:20:28	82	10:20:28
Ruhlaer Skihütte	14.00	2:17:55	9:51	11	25:26	36	41:15	85.00	12:38:23	8:55	24	12:38:23	74	12:38:23
Brotterode/Klein:	15.00	2:26:03	9:44	18	40:44	58	53:59	100.00	15:04:26	9:02	23	15:04:26	72	15:04:26
Floh-Seligenthal	12.00	1:39:54	8:19	16	31:59	54	40:05	112.00	16:44:20	8:58	23	16:44:20	72	16:44:20
Finsterbergen	23.00	4:01:14	10:29	18	58:53	48	1:25:05	135.00	20:45:34	9:13	23	20:45:34	72	20:45:34
Fröttstädt	26.00	3:40:35	8:29	8	43:50	27	1:08:41	161.00	24:26:09	9:06	15	5:58:33	47	7:49:54