



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    |