



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Cych, Marco

Club: Rüdeshheim
Number: 1013

Course: 161.00 km
Thüringen ULTRA - 100 Meilen

Category:
Männer M30

Total time: 24:33:19

Speed: 6.56 km/h
Running performance: 9:09 min/km

Rank in course/Total: 51 (of 89)

Rank in course/Men: 50 (of 84)

Best time in course: 16:36:15

Rank in category: 5(of 6)

Best time in the category: 16:36:15

| Control | Intermediate times | | | | Stage score | | | | Total ranking | | | | | |
|-------------------|--------------------|------------|--------------|----------|-------------|---------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
| | 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 | 5:50:14 | 8:08 | 6 | 1:41:02 | 62 | 2:54:21 | 43.00 | 5:50:14 | 8:08 | 7 | 5:50:14 | 85 | 5:50:14 |
| Sondra | 28.00 | 4:08:51 | 8:53 | 6 | 1:10:39 | 40 | 1:14:59 | 71.00 | 9:59:05 | 8:26 | 7 | 9:59:05 | 82 | 9:59:05 |
| Ruhlaer Skihütte | 14.00 | 2:17:35 | 9:49 | 5 | 40:55 | 34 | 40:55 | 85.00 | 12:16:40 | 8:39 | 7 | 12:16:40 | 74 | 12:16:40 |
| Brotterode/Klein: | 15.00 | 2:10:57 | 8:43 | 5 | 38:53 | 30 | 38:53 | 100.00 | 14:27:37 | 8:40 | 7 | 14:27:37 | 72 | 14:27:37 |
| Floh-Seligenthal | 12.00 | 1:39:23 | 8:16 | 5 | 39:34 | 52 | 39:34 | 112.00 | 16:07:00 | 8:38 | 7 | 16:07:00 | 72 | 16:07:00 |
| Finsterbergen | 23.00 | 4:13:09 | 11:00 | 5 | 1:37:00 | 59 | 1:37:00 | 135.00 | 20:20:09 | 9:02 | 7 | 20:20:09 | 72 | 20:20:09 |
| Fröttstädt | 26.00 | 4:13:10 | 9:44 | 5 | 1:36:42 | 51 | 1:41:16 | 161.00 | 24:33:19 | 9:09 | 5 | 7:57:04 | 50 | 7:57:04 |