



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Zietlow, Hans-Uwe

Club: LG DUV
Number: 1039

Course: 161.00 km
Thüringen ULTRA - 100 Meilen

Category:
Männer M65

Total time: 26:44:00

Speed: 6.02 km/h
Running performance: 9:58 min/km

Rank in course/Total: 68 (of 89)

Rank in course/Men: 65 (of 84)

Best time in course: 16:36:15

Rank in category: 1(of 1)

Best time in the category: 26:44:00

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	5:52:49	8:12	1	-	65	2:56:56	43.00	5:52:49	8:12	1	-	85	5:52:49
Sondra	28.00	4:34:06	9:47	1	-	57	1:40:14	71.00	10:26:55	8:49	2	10:26:55	82	10:26:55
Ruhlaer Skihütte	14.00	2:29:40	10:41	1	-	56	53:00	85.00	12:56:35	9:08	2	12:56:35	74	12:56:35
Brotterode/Klein:	15.00	2:25:06	9:40	1	-	55	53:02	100.00	15:21:41	9:13	2	15:21:41	72	15:21:41
Floh-Seligenthal	12.00	1:44:35	8:42	1	-	65	44:46	112.00	17:06:16	9:09	2	17:06:16	72	17:06:16
Finsterbergen	23.00	4:43:14	12:18	1	-	68	2:07:05	135.00	21:49:30	9:41	2	21:49:30	72	21:49:30
Fröttstädt	26.00	4:54:30	11:19	1	-	68	2:22:36	161.00	26:44:00	9:57	1	-	65	10:07:45