



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Förkel, Detlev

Club: LC Auensee Leipzig
Number: 1014

Course: 161.00 km
Thüringen ULTRA - 100 Meilen

Category:
Männer M45

Total time: 24:12:14

Speed: 6.65 km/h
Running performance: 9:01 min/km

Rank in course/Total: 45 (of 89)

Rank in course/Men: 44 (of 84)

Best time in course: 16:36:15

Rank in category: 16(of 24)

Best time in the category: 17:14:24

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	4:22:11	6:05	5	1:26:18	9	1:26:18	43.00	4:22:11	6:05	25	4:22:11	85	4:22:11
Sondra	28.00	4:57:06	10:36	19	1:52:35	68	2:03:14	71.00	9:19:17	7:52	23	9:19:17	82	9:19:17
Ruhlaer Skihütte	14.00	2:18:13	9:52	13	37:25	39	41:33	85.00	11:37:30	8:12	19	11:37:30	74	11:37:30
Brotterode/Klein:	15.00	2:27:19	9:49	17	47:32	59	55:15	100.00	14:04:49	8:26	19	14:04:49	72	14:04:49
Floh-Seligenthal	12.00	1:39:51	8:19	17	31:24	53	40:02	112.00	15:44:40	8:26	19	15:44:40	72	15:44:40
Finsterbergen	23.00	4:11:18	10:55	17	1:24:52	54	1:35:09	135.00	19:55:58	8:51	19	19:55:58	72	19:55:58
Fröttstädt	26.00	4:16:16	9:51	18	1:44:22	57	1:44:22	161.00	24:12:14	9:01	16	6:57:50	44	7:35:59