



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Prochaska, Jan

Club: LG Nord Berlin Ultrateam  
Number: 150

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 9:01:08

Speed: 11.09 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 5 (of 176)

Rank in course/Men: 5 (of 140)

Best time in course: 8:21:21

Rank in category: 1(of 39)

Best time in the category: 9:01:08

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
Ruhlaer Skihütte	23.96	2:20:55	5:52	1	-	16	17:35	23.96	2:20:55	5:52	31	-	7	-
Floh-Seligenthal	26.92	2:26:30	5:26	1	-	9	20:34	50.88	4:47:25	5:38	31	-	7	-
Finsterbergen	24.12	2:08:18	5:19	1	-	2	2:08	75.00	6:55:43	5:32	30	-	5	40:17
Fröttstädt	25.00	2:05:25	5:00	1	-	1	-	100.00	9:01:08	5:24	1	-	5	39:47