



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Herget, Thomas

Club: LG Fulda  
Number: 132

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M40

Total time: 9:23:57

Speed: 10.64 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 6 (of 176)

Rank in course/Men: 6 (of 140)

Best time in course: 8:21:21

Rank in category: 3(of 21)

Best time in the category: 8:21:21

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	2:03:28	5:09	2	0:08	4	0:08	23.96	2:03:28	5:09	20		10	
Floh-Seligenthal	26.92	2:12:37	4:55	2	6:41	4	6:41	50.88	4:16:05	5:01	20		10	
Finsterbergen	24.12	2:31:49	6:17	6	25:39	12	25:39	75.00	6:47:54	5:26	20		6	32:28
Fröttstädt	25.00	2:36:03	6:14	6	30:08	15	30:38	100.00	9:23:57	5:38	3	1:02:36	6	1:02:36