



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Van Münster, Gerrit

Club: LG Hückeswagen
Number: 184

Course: 100.00 km
Thüringen Ultra

Category:
Männer M50

Total time: 9:30:28

Speed: 10.52 km/h
Running performance: 5:42 min/km

Rank in course/Total: 8 (of 176)

Rank in course/Men: 7 (of 140)

Best time in course: 8:21:21

Rank in category: 1(of 24)

Best time in the category: 9:30:28

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	2:17:53	5:45	1	-	11	14:33	23.96	2:17:53	5:45	24	-	11	-
Floh-Seligenthal	26.92	2:27:59	5:29	1	-	10	22:03	50.88	4:45:52	5:37	24	-	11	-
Finsterbergen	24.12	2:18:15	5:43	1	-	6	12:05	75.00	7:04:07	5:39	13	-	7	48:41
Fröttstädt	25.00	2:26:21	5:51	1	-	7	20:56	100.00	9:30:28	5:42	1	-	7	1:09:07