



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Fels, Stefan

Club: Lürrip City
Number: 158

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 9:30:28

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

Rank in course/Total: 9 (of 176)

Rank in course/Men: 8 (of 140)

Best time in course: 8:21:21

Rank in category: 4(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	2:13:11	5:33	5	9:51	7	9:51	23.96	2:13:11	5:33	19		12	
Floh-Seligenthal	26.92	2:24:51	5:22	4	18:55	7	18:55	50.88	4:38:02	5:27	19		12	
Finsterbergen	24.12	2:21:38	5:52	3	15:28	7	15:28	75.00	6:59:40	5:35	19		8	44:14
Fröttstädt	25.00	2:30:48	6:01	4	24:53	10	25:23	100.00	9:30:28	5:42	4	1:09:07	7	1:09:07