



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Koenig, Sascha

Club: TSV Kabel 1882
Number: 178

Course: 100.00 km
Thüringen Ultra

Category:
Männer M35

Total time: 9:38:55

Speed: 10.36 km/h
Running performance: 5:47 min/km

Rank in course/Total: 10 (of 176)

Rank in course/Men: 9 (of 140)

Best time in course: 8:21:21

Rank in category: 3(of 15)

Best time in the category: 8:32:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:20:41	5:52	3	17:20	14	17:21	23.96	2:20:41	5:52	3	17:20	13	
Floh-Seligenthal	26.92	2:28:24	5:30	3	22:02	12	22:28	50.88	4:49:05	5:40	3	39:22	13	
Finsterbergen	24.12	2:22:57	5:55	3	14:27	8	16:47	75.00	7:12:02	5:45	3	53:49	9	56:36
Fröttstädt	25.00	2:26:53	5:52	3	12:55	8	21:28	100.00	9:38:55	5:47	3	1:06:44	9	1:17:34