



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

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Club: BLV-Ilsenburg  
Number: 75

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M30

Total time: 9:39:26

Speed: 10.35 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 11 (of 176)

Rank in course/Men: 10 (of 140)

Best time in course: 8:21:21

Rank in category: 1(of 8)

Best time in the category: 9:39:26

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	2:18:23	5:46	3	1:06	13	15:03	23.96	2:18:23	5:46	2	0:40	14	
Floh-Seligenthal	26.92	2:24:40	5:22	1	-	6	18:44	50.88	4:43:03	5:33	2		14	
Finsterbergen	24.12	2:23:46	5:57	1	-	9	17:36	75.00	7:06:49	5:41	1	-	10	51:23
Fröttstädt	25.00	2:32:37	6:06	1	-	11	27:12	100.00	9:39:26	5:47	1	-	10	1:18:05