



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Deifuß, Holger

Club: FC Nordkirchen
Number: 97

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 9:52:20

Speed: 10.13 km/h
Running performance: 5:55 min/km

Rank in course/Total: 12 (of 176)

Rank in course/Men: 11 (of 140)

Best time in course: 8:21:21

Rank in category: 5(of 21)

Best time in the category: 8:21:21

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 | 2:20:42 | 5:52 | 8 | 17:22 | 15 | 17:22 | 23.96 | 2:20:42 | 5:52 | 18 | | 15 | |
| Floh-Seligenthal | 26.92 | 2:28:21 | 5:30 | 6 | 22:25 | 11 | 22:25 | 50.88 | 4:49:03 | 5:40 | 18 | | 15 | |
| Finsterbergen | 24.12 | 2:26:57 | 6:05 | 4 | 20:47 | 10 | 20:47 | 75.00 | 7:16:00 | 5:48 | 18 | | 11 | 1:00:34 |
| Fröttstädt | 25.00 | 2:36:20 | 6:15 | 7 | 30:25 | 17 | 30:55 | 100.00 | 9:52:20 | 5:55 | 5 | 1:30:59 | 11 | 1:30:59 |