



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