



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Baudek, Gerald

Club: Friedberg
Number: 1109

Course: 161.00 km
Thüringen ULTRA - 100 Meilen

Category:
Männer M45

Total time: 17:14:24

Speed: 9.34 km/h
Running performance: 6:25 min/km

Rank in course/Total: 3 (of 89)

Rank in course/Men: 3 (of 84)

Best time in course: 16:36:15

Rank in category: 1(of 24)

Best time in the category: 17:14:24

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	km			Time	min/km
Berggasthof Hör:	43.00	4:21:08	6:04	4	1:25:15	7	1:25:15	43.00	4:21:08	6:04	25	4:21:08	85	4:21:08
Sondra	28.00	3:04:31	6:35	1	-	3	10:39	71.00	7:25:39	6:16	23	7:25:39	82	7:25:39
Ruhlaer Skihütte	14.00	1:40:48	7:12	1	-	3	4:08	85.00	9:06:27	6:25	19	9:06:27	74	9:06:27
Brotterode/Kleins:	15.00	1:39:47	6:39	1	-	3	7:43	100.00	10:46:14	6:27	19	10:46:14	72	10:46:14
Floh-Seligenthal	12.00	1:09:50	5:49	2	1:23	6	10:01	112.00	11:56:04	6:23	19	11:56:04	72	11:56:04
Finsterbergen	23.00	2:46:26	7:14	1	-	3	10:17	135.00	14:42:30	6:32	19	14:42:30	72	14:42:30
Fröttstädt	26.00	2:31:54	5:50	1	-	1	-	161.00	17:14:24	6:25	1	-	3	38:09