



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Fricke, Bernd

Club: DJK LC Vorra  
Number: 106

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 10:18:11

Speed: 9.71 km/h  
Running performance: 6:11 min/km

Rank in course/Total: 18 (of 176)

Rank in course/Men: 16 (of 140)

Best time in course: 8:21:21

Rank in category: 2(of 24)

Best time in the category: 9:30:28

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:22:22	5:56	2	4:29	20	19:02	23.96	2:22:22	5:56	23		20	
Floh-Seligenthal	26.92	2:36:01	5:47	2	8:02	21	30:05	50.88	4:58:23	5:51	23		20	
Finsterbergen	24.12	2:41:41	6:42	3	23:26	28	35:31	75.00	7:40:04	6:08	23		16	1:24:38
Fröttstädt	25.00	2:38:07	6:19	3	11:46	18	32:42	100.00	10:18:11	6:10	2	47:43	16	1:56:50