



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Sauer, Dirk

Club: Lauffreunde Geba
Number: 170

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 10:21:35

Speed: 9.65 km/h
Running performance: 6:13 min/km

Rank in course/Total: 20 (of 176)

Rank in course/Men: 18 (of 140)

Best time in course: 8:21:21

Rank in category: 2(of 39)

Best time in the category: 9:01:08

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	2:32:56	6:22	8	12:01	39	29:36	23.96	2:32:56	6:22	23		22	
Floh-Seligenthal	26.92	2:48:53	6:16	12	22:23	43	42:57	50.88	5:21:49	6:19	23		22	
Finsterbergen	24.12	2:38:29	6:34	3	30:11	15	32:19	75.00	8:00:18	6:24	21		18	1:44:52
Fröttstädt	25.00	2:21:17	5:39	2	15:52	5	15:52	100.00	10:21:35	6:12	2	1:20:27	18	2:00:14