



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Reif, Bernd

Club: Gotha  
Number: 108

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M40

Total time: 10:29:58

Speed: 9.52 km/h  
Running performance: 6:18 min/km

Rank in course/Total: 25 (of 176)

Rank in course/Men: 22 (of 140)

Best time in course: 8:21:21

Rank in category: 9(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:21:54	5:55	9	18:34	19	18:34	23.96	2:21:54	5:55	14		26	
Floh-Seligenthal	26.92	2:35:55	5:47	9	29:59	20	29:59	50.88	4:57:49	5:51	14		26	
Finsterbergen	24.12	2:39:43	6:37	8	33:33	21	33:33	75.00	7:37:32	6:06	14		22	1:22:06
Fröttstädt	25.00	2:52:26	6:53	14	46:31	44	47:01	100.00	10:29:58	6:17	9	2:08:37	22	2:08:37