



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Lahann, Max

Club: LC Olympia Wiesbaden
Number: 56

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 10:33:49

Speed: 9.47 km/h
Running performance: 6:20 min/km

Rank in course/Total: 28 (of 176)

Rank in course/Men: 24 (of 140)

Best time in course: 8:21:21

Rank in category: 5(of 39)

Best time in the category: 9:01:08

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	2:31:34	6:19	7	10:39	37	28:14	23.96	2:31:34	6:19	26		28	
Floh-Seligenthal	26.92	2:40:57	5:58	5	14:27	26	35:01	50.88	5:12:31	6:08	26		28	
Finsterbergen	24.12	2:45:36	6:51	10	37:18	32	39:26	75.00	7:58:07	6:22	24		24	1:42:41
Fröttstädt	25.00	2:35:42	6:13	3	30:17	14	30:17	100.00	10:33:49	6:20	5	1:32:41	24	2:12:28