



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

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Club: Schnauftreff-Oberursel  
Number: 44

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M40

Total time: 10:34:53

Speed: 9.45 km/h  
Running performance: 6:21 min/km

Rank in course/Total: 29 (of 176)

Rank in course/Men: 25 (of 140)

Best time in course: 8:21:21

Rank in category: 10(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	2:23:43	5:59	10	20:23	26	20:23	23.96	2:23:43	5:59	13		29	
Floh-Seligenthal	26.92	2:38:27	5:53	10	32:31	23	32:31	50.88	5:02:10	5:56	13		29	
Finsterbergen	24.12	2:53:30	7:11	14	47:20	45	47:20	75.00	7:55:40	6:20	13		25	1:40:14
Fröttstädt	25.00	2:39:13	6:22	8	33:18	20	33:48	100.00	10:34:53	6:20	10	2:13:32	25	2:13:32