



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Kupfer, Jörg

Club: Lauffreunde Gotha
Number: 1102

Course: 161.00 km
Thüringen ULTRA - 100 Meilen

Category:
Männer M45

Total time: 17:43:51

Speed: 9.08 km/h
Running performance: 6:37 min/km

Rank in course/Total: 5 (of 89)

Rank in course/Men: 5 (of 84)

Best time in course: 16:36:15

Rank in category: 2(of 24)

Best time in the category: 17:14:24

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
Berggasthof Hör:	43.00	4:16:18	5:57	3	1:20:25	5	1:20:25	43.00	4:16:18	5:57	25	4:16:18	85	4:16:18
Sondra	28.00	3:12:07	6:51	2	7:36	6	18:15	71.00	7:28:25	6:18	23	7:28:25	82	7:28:25
Ruhlaer Skihütte	14.00	1:42:43	7:20	2	1:55	5	6:03	85.00	9:11:08	6:29	19	9:11:08	74	9:11:08
Brotterode/Klein:	15.00	1:42:31	6:50	2	2:44	4	10:27	100.00	10:53:39	6:32	19	10:53:39	72	10:53:39
Floh-Seligenthal	12.00	1:08:27	5:42	1	-	5	8:38	112.00	12:02:06	6:26	19	12:02:06	72	12:02:06
Finsterbergen	23.00	2:53:13	7:31	2	6:47	5	17:04	135.00	14:55:19	6:37	19	14:55:19	72	14:55:19
Fröttstädt	26.00	2:48:32	6:28	2	16:38	3	16:38	161.00	17:43:51	6:36	2	29:27	5	1:07:36