



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

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Club: TTC Lonau
Number: 186

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 10:50:28

Speed: 9.22 km/h
Running performance: 6:30 min/km

Rank in course/Total: 34 (of 176)

Rank in course/Men: 30 (of 140)

Best time in course: 8:21:21

Rank in category: 11(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	2:43:12	6:48	13	39:52	59	39:52	23.96	2:43:12	6:48	1	-	34	2:38
Floh-Seligenthal	26.92	2:58:03	6:36	13	52:07	61	52:07	50.88	5:41:15	6:42	1	-	34	
Finsterbergen	24.12	2:39:10	6:35	7	33:00	17	33:00	75.00	8:20:25	6:40	1	-	30	2:04:59
Fröttstädt	25.00	2:30:03	6:00	3	24:08	9	24:38	100.00	10:50:28	6:30	11	2:29:07	30	2:29:07