



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Flock, Peter

Club: GMRV  
Number: 1111

Course: 161.00 km  
Thüringen ULTRA - 100 Meilen

Category:  
Männer M40

Total time: 16:56:14

Speed: 9.51 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 2 (of 89)

Rank in course/Men: 2 (of 84)

Best time in course: 16:36:15

Rank in category: 1(of 12)

Best time in the category: 16:56:14

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	4:08:38	5:46	1	-	2	1:12:45	43.00	4:08:38	5:46	13		85	4:08:38
Sondra	28.00	2:53:52	6:12	1	-	1	-	71.00	7:02:30	5:57	12	7:02:30	82	7:02:30
Ruhlaer Skihütte	14.00	1:37:09	6:56	1	-	2	0:29	85.00	8:39:39	6:06	12	8:39:39	74	8:39:39
Brotterode/Kleins:	15.00	1:36:35	6:26	1	-	2	4:31	100.00	10:16:14	6:09	11	10:16:14	72	10:16:14
Floh-Seligenthal	12.00	1:03:37	5:18	1	-	3	3:48	112.00	11:19:51	6:04	11	11:19:51	72	11:19:51
Finsterbergen	23.00	2:47:35	7:17	1	-	4	11:26	135.00	14:07:26	6:16	11	14:07:26	72	14:07:26
Fröttstädt	26.00	2:48:48	6:29	1	-	4	16:54	161.00	16:56:14	6:18	1	-	2	19:59