



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Knefel, Günter

Club: Reinickendorfer Füchse Berlin
Number: 65

Course: 100.00 km
Thüringen Ultra

Category:
Männer M55

Total time: 10:59:34

Speed: 9.10 km/h
Running performance: 6:36 min/km

Rank in course/Total: 39 (of 176)

Rank in course/Men: 35 (of 140)

Best time in course: 8:21:21

Rank in category: 2(of 14)

Best time in the category: 10:44:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Ruhlaer Skihütte	23.96	2:33:27	6:24	2	2:08	42	30:07	23.96	2:33:27	6:24	3			39	
Floh-Seligenthal	26.92	2:47:12	6:12	2	1:15	38	41:16	50.88	5:20:39	6:18	3			39	
Finsterbergen	24.12	2:46:13	6:53	2	6:06	33	40:03	75.00	8:06:52	6:29	2	9:29	35	1:51:26	
Fröttstädt	25.00	2:52:42	6:54	3	10:31	45	47:17	100.00	10:59:34	6:35	2	14:42	35	2:38:13	