



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Jaeger, Frank

Club: SV Sömmerda e.V. / Sprötau
Number: 140

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 11:01:43

Speed: 9.07 km/h
Running performance: 6:37 min/km

Rank in course/Total: 40 (of 176)

Rank in course/Men: 36 (of 140)

Best time in course: 8:21:21

Rank in category: 9(of 39)

Best time in the category: 9:01:08

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	2:21:31	5:54	2	0:36	17	18:11	23.96	2:21:31	5:54	30		40	
Floh-Seligenthal	26.92	2:28:55	5:31	2	2:25	14	22:59	50.88	4:50:26	5:42	30		40	
Finsterbergen	24.12	2:56:50	7:19	14	48:32	50	50:40	75.00	7:47:16	6:13	28		36	1:31:50
Fröttstädt	25.00	3:14:27	7:46	23	1:09:02	74	1:09:02	100.00	11:01:43	6:37	9	2:00:35	36	2:40:22