



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Soff, Andreas

Club: 100 Marathon Club Deutschland  
Number: 154

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 11:02:07

Speed: 9.06 km/h  
Running performance: 6:37 min/km

Rank in course/Total: 41 (of 176)

Rank in course/Men: 37 (of 140)

Best time in course: 8:21:21

Rank in category: 5(of 24)

Best time in the category: 9:30:28

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	2:42:17	6:46	11	24:24	56	38:57	23.96	2:42:17	6:46	20	14:48	41	1:43
Floh-Seligenthal	26.92	2:47:35	6:13	7	19:36	40	41:39	50.88	5:29:52	6:28	20		41	
Finsterbergen	24.12	2:58:32	7:24	9	40:17	55	52:22	75.00	8:28:24	6:46	20		37	2:12:58
Fröttstädt	25.00	2:33:43	6:08	2	7:22	12	28:18	100.00	11:02:07	6:37	5	1:31:39	37	2:40:46