



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Darkow, Stefan

Club: ohne  
Number: 76

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 11:08:17

Speed: 8.98 km/h  
Running performance: 6:41 min/km

Rank in course/Total: 42 (of 176)

Rank in course/Men: 38 (of 140)

Best time in course: 8:21:21

Rank in category: 6(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	2:32:59	6:23	7	15:06	41	29:39	23.96	2:32:59	6:23	19	5:30	42	
Floh-Seligenthal	26.92	2:47:08	6:12	6	19:09	37	41:12	50.88	5:20:07	6:17	19		42	
Finsterbergen	24.12	2:51:47	7:07	6	33:32	42	45:37	75.00	8:11:54	6:33	19		38	1:56:28
Fröttstädt	25.00	2:56:23	7:03	10	30:02	52	50:58	100.00	11:08:17	6:40	6	1:37:49	38	2:46:56