



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Plötner, Michael

Club: Tautenhain
Number: 25

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 11:08:54

Speed: 8.97 km/h
Running performance: 6:41 min/km

Rank in course/Total: 43 (of 176)

Rank in course/Men: 39 (of 140)

Best time in course: 8:21:21

Rank in category: 10(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.	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	2:37:47	6:35	12	16:52	48	34:27	23.96	2:37:47	6:35	21		43	
Floh-Seligenthal	26.92	2:56:26	6:33	17	29:56	58	50:30	50.88	5:34:13	6:34	21		43	
Finsterbergen	24.12	2:51:11	7:05	11	42:53	40	45:01	75.00	8:25:24	6:44	29		39	2:09:58
Fröttstädt	25.00	2:43:30	6:32	8	38:05	27	38:05	100.00	11:08:54	6:41	10	2:07:46	39	2:47:33