



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Teichert, Gerd

Club: TSG Seelow  
Number: 13

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 11:10:15

Speed: 8.95 km/h  
Running performance: 6:42 min/km

Rank in course/Total: 46 (of 176)

Rank in course/Men: 41 (of 140)

Best time in course: 8:21:21

Rank in category: 11(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	2:40:55	6:42	14	20:00	54	37:35	23.96	2:40:55	6:42	32		45	0:21
Floh-Seligenthal	26.92	2:55:10	6:30	16	28:40	56	49:14	50.88	5:36:05	6:36	32		45	
Finsterbergen	24.12	2:54:09	7:13	13	45:51	47	47:59	75.00	8:30:14	6:48	20		41	2:14:48
Fröttstädt	25.00	2:40:01	6:24	5	34:36	22	34:36	100.00	11:10:15	6:42	11	2:09:07	41	2:48:54