



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Stein, Frank

Club: Karower Dachse
Number: 29

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 11:16:31

Speed: 8.87 km/h
Running performance: 6:46 min/km

Rank in course/Total: 50 (of 176)

Rank in course/Men: 45 (of 140)

Best time in course: 8:21:21

Rank in category: 13(of 39)

Best time in the category: 9:01:08

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	2:27:00	6:08	5	6:05	29	23:40	23.96	2:27:00	6:08	34		49	
Floh-Seligenthal	26.92	2:46:44	6:11	9	20:14	35	40:48	50.88	5:13:44	6:09	33		48	
Finsterbergen	24.12	3:00:58	7:30	17	52:40	61	54:48	75.00	8:14:42	6:35	32		45	1:59:16
Fröttstädt	25.00	3:01:49	7:16	17	56:24	58	56:24	100.00	11:16:31	6:45	12	2:15:23	44	2:55:10