



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Tribius, Thomas

Club: Hamburg  
Number: 1050

Course: 161.00 km  
Thüringen ULTRA - 100 Meilen

Category:  
Männer M45

Total time: 20:15:52

Speed: 7.94 km/h  
Running performance: 7:33 min/km

Rank in course/Total: 9 (of 89)

Rank in course/Men: 9 (of 84)

Best time in course: 16:36:15

Rank in category: 5(of 24)

Best time in the category: 17:14:24

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total			Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.		Cat.	Men	Men				
Berggasthof Hör:	43.00	2:55:53	4:05	1	-	1	-	43.00	2:55:53	4:05	25	2:55:53	85	2:55:53
Sondra	28.00	5:36:58	12:02	21	2:32:27	79	2:43:06	71.00	8:32:51	7:13	23	8:32:51	82	8:32:51
Ruhlaer Skihütte	14.00	2:00:16	8:35	6	19:28	13	23:36	85.00	10:33:07	7:26	19	10:33:07	74	10:33:07
Brotterode/Kleins:	15.00	1:45:24	7:01	3	5:37	7	13:20	100.00	12:18:31	7:23	19	12:18:31	72	12:18:31
Floh-Seligenthal	12.00	1:12:33	6:02	3	4:06	7	12:44	112.00	13:31:04	7:14	19	13:31:04	72	13:31:04
Finsterbergen	23.00	3:42:12	9:39	11	55:46	27	1:06:03	135.00	17:13:16	7:39	19	17:13:16	72	17:13:16
Fröttstädt	26.00	3:02:36	7:01	3	30:42	8	30:42	161.00	20:15:52	7:33	5	3:01:28	9	3:39:37