



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Ebbert, Norbert

Club: LG DUV
Number: 78

Course: 100.00 km
Thüringen Ultra

Category:
Männer M50

Total time: 11:18:47

Speed: 8.84 km/h
Running performance: 6:47 min/km

Rank in course/Total: 51 (of 176)

Rank in course/Men: 46 (of 140)

Best time in course: 8:21:21

Rank in category: 8(of 24)

Best time in the category: 9:30:28

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	2:42:18	6:46	12	24:25	57	38:58	23.96	2:42:18	6:46	17	14:49	50	1:44
Floh-Seligenthal	26.92	2:48:34	6:15	8	20:35	41	42:38	50.88	5:30:52	6:30	17		50	
Finsterbergen	24.12	2:58:44	7:24	10	40:29	56	52:34	75.00	8:29:36	6:47	17		46	2:14:10
Fröttstädt	25.00	2:49:11	6:46	8	22:50	41	43:46	100.00	11:18:47	6:47	8	1:48:19	46	2:57:26