



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Koch, Uwe

Club: TSG Bad König  
Number: 107

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 11:18:47

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

Rank in course/Total: 52 (of 176)

Rank in course/Men: 47 (of 140)

Best time in course: 8:21:21

Rank in category: 14(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:49:36	7:04	27	28:41	87	46:16	23.96	2:49:36	7:04	35		51	9:02
Floh-Seligenthal	26.92	3:00:34	6:42	22	34:04	69	54:38	50.88	5:50:10	6:52	35		51	
Finsterbergen	24.12	2:43:37	6:47	9	35:19	31	37:27	75.00	8:33:47	6:51	33		47	2:18:21
Fröttstädt	25.00	2:45:00	6:35	9	39:35	29	39:35	100.00	11:18:47	6:47	14	2:17:39	46	2:57:26