



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Ziehm, Udo

Club: Potsdam  
Number: 16

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 11:21:32

Speed: 8.80 km/h  
Running performance: 6:49 min/km

Rank in course/Total: 54 (of 176)

Rank in course/Men: 49 (of 140)

Best time in course: 8:21:21

Rank in category: 10(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	2:41:34	6:44	10	23:41	55	38:14	23.96	2:41:34	6:44	15	14:05	53	1:00
Floh-Seligenthal	26.92	2:54:16	6:28	11	26:17	52	48:20	50.88	5:35:50	6:36	15	4:06	53	
Finsterbergen	24.12	2:57:57	7:22	8	39:42	54	51:47	75.00	8:33:47	6:51	15	2:33	47	2:18:21
Fröttstädt	25.00	2:47:45	6:42	7	21:24	39	42:20	100.00	11:21:32	6:48	10	1:51:04	49	3:00:11