



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Donath, Lars

Club: ASFM Göttingen  
Number: 1058

Course: 100.00 km  
Thüringen ULTRA - 100 km Extra

Category:  
Männer

Total time: 13:37:09

Speed: 7.34 km/h  
Running performance: 8:10 min/km

Rank in course/Total: 5 (of 21)

Rank in course/Men: 5 (of 21)

Best time in course: 11:52:52

Rank in category: 5(of 21)

Best time in the category: 11:52:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Berggasthof Hör:	43.00	4:35:13	6:24	2	22:38	2	22:38	43.00	4:35:13	6:24	22	4:35:13	22	4:35:13
Sondra	28.00	4:15:12	9:06	5	46:52	5	46:52	71.00	8:50:25	7:28	22	8:50:25	22	8:50:25
Ruhlaer Skihütte	14.00	2:16:59	9:47	5	15:42	5	15:42	85.00	11:07:24	7:51	22	11:07:24	22	11:07:24
Fröttstädt	15.00	2:29:45	9:58	9	30:58	9	30:58	100.00	13:37:09	8:10	5	1:44:17	5	1:44:17