



5. Thüringen ULTRA
Fröttstädt / 02.07.2011

Detailed evaluation

LAUF MIT:-) BLEIB FIT

Number: 4011

Course: 100.00 km

Staffel 4x25 km

Category:

Mixstaffel

Total time: 10:38:22

Speed: 9.40 km/h

Running performance: 6:23 min/km

Rank in course: 20 (of 23)

Best time in course: 7:43:36

Rank in category: 6(of 8)

Best time in the category: 8:40:46

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.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Ruhlaer Skihütte	23.96	2:38:18	6:36	7	33:37	20	51:52	23.96	2:38:18	6:36	6	33:37	5	16:24
Floh-Seligenthal	26.92	2:33:13	5:41	3	19:30	17	34:08	50.88	5:11:31	6:07	6	53:07	5	20:37
Finsterbergen	24.12	2:32:35	6:19	7	30:45	20	44:37	75.00	7:44:06	6:11	6	1:23:52	5	39:45
Fröttstädt	25.00	2:54:16	6:58	7	40:43	21	1:15:58	100.00	10:38:22	6:23	6	1:57:36	20	2:54:46