



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 |