



5. Thüringen ULTRA
Fröttstädt / 02.07.2011

Detailed evaluation

Runningfriends

Number: 4021

Course: 100.00 km

Staffel 4x25 km

Category:

Mixstaffel

Total time: 14:46:07

Speed: 6.77 km/h

Running performance: 8:52 min/km

Rank in course: 23 (of 23)

Best time in course: 7:43:36

Rank in category: 8(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	3:00:45	7:32	8	56:04	23	1:14:19	23.96	3:00:45	7:32	8	56:04	2	38:51
Floh-Seligenthal	26.92	3:02:10	6:46	7	48:27	22	1:03:05	50.88	6:02:55	7:07	8	1:44:31	2	1:12:01
Finsterbergen	24.12	2:50:21	7:03	8	48:31	22	1:02:23	75.00	8:53:16	7:06	8	2:33:02	2	1:48:55
Fröttstädt	25.00	5:52:51	14:06	8	3:39:18	23	4:14:33	100.00	14:46:07	8:51	8	6:05:21	23	7:02:31