



2. ThüringenULTRA  
Fröttstädt / 05.07.2008

Detailed evaluation

Göllnitz, Heiko

Club: SG Fichtelblitze  
Number: 100

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 12:07:44

Speed: 8.24 km/h  
Running performance: 7:17 min/km

Rank in course/Total: 58 (of 141)

Rank in course/Men: 49 (of 121)

Best time in course: 8:44:09

Rank in category: 10(of 24)

Best time in the category: 9:26:31

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
Ruhlaer Skihütte	24.00	2:43:24	6:48	13	35:05	55	43:50	24.00	2:43:24	6:48	15	19:01	49	43:50
Floh-Seligenthal	26.40	3:09:30	7:10	15	49:20	73	57:58	50.40	5:52:54	7:00	15	30:38	49	1:41:48
Finsterbergen	24.00	2:57:43	7:24	8	32:29	33	42:57	74.40	8:50:37	7:07	15	3:49	48	2:24:45
Fröttstädt	25.60	3:17:07	7:41	11	45:25	51	58:50	100.00	12:07:44	7:16	11	2:41:13	50	3:23:35