



2. ThüringenULTRA  
Fröttstädt / 05.07.2008

Detailed evaluation

Kruska, Rolf

Club: LG Braunschweig  
Number: 89

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M55

Total time: 12:17:42

Speed: 8.13 km/h  
Running performance: 7:23 min/km

Rank in course/Total: 64 (of 141)

Rank in course/Men: 55 (of 121)

Best time in course: 8:44:09

Rank in category: 8(of 15)

Best time in the category: 11:01:51

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	2:42:13	6:45	8	12:20	52	42:39	24.00	2:42:13	6:45	7	11:02	54	42:39
Floh-Seligenthal	26.40	2:56:27	6:41	6	28:11	45	44:55	50.40	5:38:40	6:43	7	39:13	54	1:27:34
Finsterbergen	24.00	3:01:14	7:33	3	5:13	43	46:28	74.40	8:39:54	6:59	7	39:22	53	2:14:02
Fröttstädt	25.60	3:37:48	8:30	10	36:29	74	1:19:31	100.00	12:17:42	7:22	8	1:15:51	56	3:33:33