



2. ThüringenULTRA
Fröttstädt / 05.07.2008

Detailed evaluation

Blumensaat, Roland

Club: Verband dt. Lauftherapeuten
Number: 140

Course: 100.00 km
Thüringen Ultra

Category:
Männer M50

Total time: 12:22:35

Speed: 8.08 km/h
Running performance: 7:26 min/km

Rank in course/Total: 66 (of 141)

Rank in course/Men: 57 (of 121)

Best time in course: 8:44:09

Rank in category: 9(of 25)

Best time in the category: 10:19:21

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Ruhlaer Skihütte	24.00	3:01:41	7:34	19	49:06	99	1:02:07	24.00	3:01:41	7:34	18	14:45	56	1:02:07
Floh-Seligenthal	26.40	3:17:39	7:29	19	39:20	91	1:06:07	50.40	6:19:20	7:31	18	23:09	56	2:08:14
Finsterbergen	24.00	2:53:20	7:13	4	19:59	24	38:34	74.40	9:12:40	7:25	18		55	2:46:48
Fröttstädt	25.60	3:09:55	7:25	7	33:20	42	51:38	100.00	12:22:35	7:25	9	2:03:14	58	3:38:26