



2. ThüringenULTRA
Fröttstädt / 05.07.2008

Detailed evaluation

Dollinger, Ralf

Club: Düsseldorf
Number: 98

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 12:26:00

Speed: 8.04 km/h
Running performance: 7:28 min/km

Rank in course/Total: 67 (of 141)

Rank in course/Men: 58 (of 121)

Best time in course: 8:44:09

Rank in category: 11(of 24)

Best time in the category: 9:26:31

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	Total	
Ruhlaer Skihütte	24.00	2:16:03	5:40	2	7:44	13	16:29	24.00	2:16:03	5:40	14		57	16:29
Floh-Seligenthal	26.40	2:42:12	6:08	5	22:02	21	30:40	50.40	4:58:15	5:55	14		57	47:09
Finsterbergen	24.00	3:34:57	8:57	19	1:09:43	98	1:20:11	74.40	8:33:12	6:53	14		56	2:07:20
Fröttstädt	25.60	3:52:48	9:05	18	1:21:06	93	1:34:31	100.00	12:26:00	7:27	12	2:59:29	59	3:41:51