



2. ThüringenULTRA  
Fröttstädt / 05.07.2008

Detailed evaluation

Urlaub, Martin

Club: Endorphinjunkies.de Dortmund  
Number: 2

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M30

Total time: 12:43:41

Speed: 7.86 km/h  
Running performance: 7:38 min/km

Rank in course/Total: 79 (of 141)

Rank in course/Men: 69 (of 121)

Best time in course: 8:44:09

Rank in category: 5(of 7)

Best time in the category: 8:44:09

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	2:43:42	6:49	5	44:08	58	44:08	24.00	2:43:42	6:49	5	44:08	68	44:08
Floh-Seligenthal	26.40	3:18:00	7:30	5	1:06:28	93	1:06:28	50.40	6:01:42	7:10	5	1:50:36	68	1:50:36
Finsterbergen	24.00	3:22:53	8:27	5	1:08:07	86	1:08:07	74.40	9:24:35	7:35	5	2:58:43	67	2:58:43
Fröttstädt	25.60	3:19:06	7:46	3	1:00:49	56	1:00:49	100.00	12:43:41	7:38	5	3:59:32	70	3:59:32