



2. ThüringenULTRA
Fröttstädt / 05.07.2008

Detailed evaluation

Hermsdorf, Ralph

Club: LC Auensee Leipzig
Number: 37

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 13:04:28

Speed: 7.65 km/h
Running performance: 7:50 min/km

Rank in course/Total: 94 (of 141)

Rank in course/Men: 83 (of 121)

Best time in course: 8:44:09

Rank in category: 14(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	2:52:28	7:11	17	44:09	77	52:54	24.00	2:52:28	7:11	11	28:05	82	52:54
Floh-Seligenthal	26.40	3:38:43	8:17	22	1:18:33	110	1:27:11	50.40	6:31:11	7:45	11	1:08:55	82	2:20:05
Finsterbergen	24.00	3:18:59	8:17	12	53:45	78	1:04:13	74.40	9:50:10	7:55	11	1:03:22	81	3:24:18
Fröttstädt	25.60	3:14:18	7:35	10	42:36	47	56:01	100.00	13:04:28	7:50	15	3:37:57	84	4:20:19