



2. ThüringenULTRA  
Fröttstädt / 05.07.2008

Detailed evaluation

Haberkuk, Harry

Club: Lwg cottbus  
Number: 150

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 13:40:08

Speed: 7.32 km/h  
Running performance: 8:12 min/km

Rank in course/Total: 107 (of 141)

Rank in course/Men: 95 (of 121)

Best time in course: 8:44:09

Rank in category: 18(of 25)

Best time in the category: 10:19:21

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	km	
Ruhlaer Skihütte	24.00	3:01:37	7:34	18	49:02	98	1:02:03	24.00	3:01:37	7:34	9	14:41	95	1:02:03
Floh-Seligenthal	26.40	3:25:05	7:46	23	46:46	101	1:13:33	50.40	6:26:42	7:40	9	30:31	95	2:15:36
Finsterbergen	24.00	3:22:42	8:26	15	49:21	83	1:07:56	74.40	9:49:24	7:55	9	29:38	94	3:23:32
Fröttstädt	25.60	3:50:44	9:00	17	1:14:09	90	1:32:27	100.00	13:40:08	8:12	18	3:20:47	96	4:55:59