



2. ThüringenULTRA
Fröttstädt / 05.07.2008

Detailed evaluation

Kösling, Holger

Club: 100MC
Number: 106

Course: 100.00 km
Thüringen Ultra

Category:
Männer M50

Total time: 14:05:56

Speed: 7.09 km/h
Running performance: 8:28 min/km

Rank in course/Total: 117 (of 141)

Rank in course/Men: 102 (of 121)

Best time in course: 8:44:09

Rank in category: 20(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.		Men	Men			km	Time	
Ruhlaer Skihütte	24.00	3:03:00	7:37	20	50:25	104	1:03:26	24.00	3:03:00	7:37	7	16:04	102	1:03:26
Floh-Seligenthal	26.40	3:22:25	7:40	21	44:06	96	1:10:53	50.40	6:25:25	7:38	7	29:14	102	2:14:19
Finsterbergen	24.00	3:40:18	9:10	22	1:06:57	102	1:25:32	74.40	10:05:43	8:08	7	45:57	101	3:39:51
Fröttstädt	25.60	4:00:13	9:23	20	1:23:38	99	1:41:56	100.00	14:05:56	8:27	20	3:46:35	103	5:21:47