



2. ThüringenULTRA  
Fröttstädt / 05.07.2008

Detailed evaluation

Hardenack, Frank

Club: Neuenkleusheim  
Number: 156

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M30

Total time: 8:44:09

Speed: 11.45 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 1 (of 141)

Rank in course/Men: 1 (of 121)

Best time in course: 8:44:09

Rank in category: 1(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	1:59:34	4:58	1	-	1	-	24.00	1:59:34	4:58	1	-	1	-
Floh-Seligenthal	26.40	2:11:32	4:58	1	-	1	-	50.40	4:11:06	4:58	1	-	1	-
Finsterbergen	24.00	2:14:46	5:36	1	-	1	-	74.40	6:25:52	5:11	1	-	1	-
Fröttstädt	25.60	2:18:17	5:24	1	-	1	-	100.00	8:44:09	5:14	1	-	1	-