



2. ThüringenULTRA
Fröttstädt / 05.07.2008

Detailed evaluation

Riedel, Roland

Club: Adler-Langlauf Bottrop
Number: 95

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 9:53:56

Speed: 10.10 km/h
Running performance: 5:56 min/km

Rank in course/Total: 8 (of 141)

Rank in course/Men: 8 (of 121)

Best time in course: 8:44:09

Rank in category: 2(of 24)

Best time in the category: 9:26:31

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Ruhlaer Skihütte	24.00	2:20:47	5:51	4	12:28	19	21:13	24.00	2:20:47	5:51	24		8	21:13
Floh-Seligenthal	26.40	2:34:13	5:50	2	14:03	10	22:41	50.40	4:55:00	5:51	24		8	43:54
Finsterbergen	24.00	2:25:14	6:03	1	-	4	10:28	74.40	7:20:14	5:55	23		8	54:22
Fröttstädt	25.60	2:33:42	6:00	2	2:00	10	15:25	100.00	9:53:56	5:56	2	27:25	8	1:09:47