



2. ThüringenULTRA  
Fröttstädt / 05.07.2008

Detailed evaluation

Frunzke, Thomas

Club: Storkow  
Number: 36

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 10:55:51

Speed: 9.15 km/h  
Running performance: 6:34 min/km

Rank in course/Total: 25 (of 141)

Rank in course/Men: 22 (of 121)

Best time in course: 8:44:09

Rank in category: 7(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	2:33:36	6:23	9	25:17	37	34:02	24.00	2:33:36	6:23	19	9:13	23	34:02
Floh-Seligenthal	26.40	2:48:52	6:23	8	28:42	33	37:20	50.40	5:22:28	6:23	19	0:12	23	1:11:22
Finsterbergen	24.00	2:47:42	6:59	7	22:28	21	32:56	74.40	8:10:10	6:35	18		23	1:44:18
Fröttstädt	25.60	2:45:41	6:28	3	13:59	19	27:24	100.00	10:55:51	6:33	7	1:29:20	22	2:11:42