



2. ThüringenULTRA
Fröttstädt / 05.07.2008

Detailed evaluation

Selch, Werner

Club: 100 Marathon Club
Number: 151

Course: 100.00 km
Thüringen Ultra

Category:
Männer M55

Total time: 11:01:51

Speed: 9.07 km/h
Running performance: 6:37 min/km

Rank in course/Total: 28 (of 141)

Rank in course/Men: 25 (of 121)

Best time in course: 8:44:09

Rank in category: 1(of 15)

Best time in the category: 11:01:51

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	24.00	2:31:11	6:17	2	1:18	32	31:37	24.00	2:31:11	6:17	1	-	26	31:37
Floh-Seligenthal	26.40	2:28:16	5:36	1	-	9	16:44	50.40	4:59:27	5:56	1	-	25	48:21
Finsterbergen	24.00	3:01:05	7:32	2	5:04	41	46:19	74.40	8:00:32	6:27	1	-	26	1:34:40
Fröttstädt	25.60	3:01:19	7:04	1	-	30	43:02	100.00	11:01:51	6:37	1	-	25	2:17:42