



2. ThüringenULTRA  
Fröttstädt / 05.07.2008

Detailed evaluation

Kuste, Siegmar

Club: Laufteam Donautal Austria  
Number: 70

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M55

Total time: 11:35:18

Speed: 8.63 km/h  
Running performance: 6:57 min/km

Rank in course/Total: 38 (of 141)

Rank in course/Men: 33 (of 121)

Best time in course: 8:44:09

Rank in category: 2(of 15)

Best time in the category: 11:01:51

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	24.00	2:38:17	6:35	6	8:24	46	38:43	24.00	2:38:17	6:35	2	7:06	35	38:43
Floh-Seligenthal	26.40	2:45:43	6:16	2	17:27	27	34:11	50.40	5:24:00	6:25	2	24:33	35	1:12:54
Finsterbergen	24.00	3:05:17	7:43	4	9:16	46	50:31	74.40	8:29:17	6:50	2	28:45	34	2:03:25
Fröttstädt	25.60	3:06:01	7:15	2	4:42	38	47:44	100.00	11:35:18	6:57	2	33:27	34	2:51:09