



2. ThüringenULTRA  
Fröttstädt / 05.07.2008

Detailed evaluation

Nothnagel, Guido

Club: M&H Rennsteigteam  
Number: 60

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M40

Total time: 11:38:24

Speed: 8.59 km/h  
Running performance: 6:59 min/km

Rank in course/Total: 39 (of 141)

Rank in course/Men: 34 (of 121)

Best time in course: 8:44:09

Rank in category: 10(of 26)

Best time in the category: 9:09:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	24.00	2:17:21	5:43	7	13:42	16	17:47	24.00	2:17:21	5:43	18		36	17:47
Floh-Seligenthal	26.40	2:39:11	6:01	8	24:22	18	27:39	50.40	4:56:32	5:53	18		36	45:26
Finsterbergen	24.00	3:07:45	7:49	15	46:43	52	52:59	74.40	8:04:17	6:30	18		35	1:38:25
Fröttstädt	25.60	3:34:07	8:21	17	1:13:32	70	1:15:50	100.00	11:38:24	6:59	10	2:28:26	35	2:54:15