



2. ThüringenULTRA
Fröttstädt / 05.07.2008

Detailed evaluation

Sakuth, Holger

Club: M&H Rennsteigteam
Number: 11

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 11:38:24

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

Rank in course/Total: 40 (of 141)

Rank in course/Men: 35 (of 121)

Best time in course: 8:44:09

Rank in category: 8(of 24)

Best time in the category: 9:26:31

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	2:37:35	6:33	11	29:16	45	38:01	24.00	2:37:35	6:33	17	13:12	37	38:01
Floh-Seligenthal	26.40	2:54:47	6:37	10	34:37	41	43:15	50.40	5:32:22	6:35	17	10:06	37	1:21:16
Finsterbergen	24.00	2:59:29	7:28	9	34:15	38	44:43	74.40	8:31:51	6:52	17		36	2:05:59
Fröttstädt	25.60	3:06:33	7:17	9	34:51	39	48:16	100.00	11:38:24	6:59	9	2:11:53	35	2:54:15