



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Böttle, Martin

Club: EK Schwaikheim
Number: 163

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 9:14:02

Speed: 10.83 km/h
Running performance: 5:32 min/km

Rank in course/Total: 5 (of 187)

Rank in course/Men: 5 (of 163)

Best time in course: 8:09:36

Rank in category: 3(of 45)

Best time in the category: 8:43:30

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	23.96	2:17:41	5:44	7	19:08	19	23:04	23.96	2:17:41	5:44	28		9	3:25
Floh-Seligenthal	26.92	2:23:19	5:19	3	9:24	10	20:05	50.88	4:41:00	5:31	28		9	
Finsterbergen	24.12	2:11:49	5:27	1	-	2	6:45	75.00	6:52:49	5:30	25		6	48:01
Fröttstädt	24.83	2:21:13	5:41	3	6:55	6	29:28	100.00	9:14:02	5:32	4	30:32	9	1:56:17