



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Fiehring, Wolfgang

Club: SV Steinbach

Number: 41

Course: 100.00 km

Thüringen Ultra

Category:

Männer M55

Total time: 12:46:30

Speed: 7.83 km/h

Running performance: 7:40 min/km

Rank in course/Total: 93 (of 187)

Rank in course/Men: 86 (of 163)

Best time in course: 8:09:36

Rank in category: 7(of 15)

Best time in the category: 10:31:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:52:00	7:10	5	19:48	94	57:23	23.96	2:52:00	7:10	7	19:48	93	37:44
Floh-Seligenthal	26.92	2:59:05	6:39	5	11:20	68	55:51	50.88	5:51:05	6:54	7	31:08	93	25:05
Finsterbergen	24.12	3:22:30	8:23	8	50:45	86	1:17:26	75.00	9:13:35	7:22	7	1:21:53	88	3:08:47
Fröttstädt	24.83	3:32:55	8:34	8	53:29	85	1:41:10	100.00	12:46:30	7:39	7	2:15:22	90	5:28:45