



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Fortmann, Alex

Club: TSV Stelle

Number: 14

Course: 100.00 km

Thüringen Ultra

Category:

Männer M50

Total time: 12:48:11

Speed: 7.81 km/h

Running performance: 7:41 min/km

Rank in course/Total: 94 (of 187)

Rank in course/Men: 87 (of 163)

Best time in course: 8:09:36

Rank in category: 16(of 29)

Best time in the category: 10:43:56

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	2:49:26	7:04	17	35:08	89	54:49	23.96	2:49:26	7:04	15	2:52	94	35:10
Floh-Seligenthal	26.92	3:17:37	7:20	22	43:41	114	1:14:23	50.88	6:07:03	7:12	15	13:04	94	41:03
Finsterbergen	24.12	3:29:57	8:42	19	40:17	103	1:24:53	75.00	9:37:00	7:41	15	28:16	89	3:32:12
Fröttstädt	24.83	3:11:11	7:41	6	28:21	47	1:19:26	100.00	12:48:11	7:40	16	2:04:15	91	5:30:26