



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Miller, Meik

Club: Rheindammkenianer Speyer
Number: 60

Course: 100.00 km
Thüringen Ultra

Category:
Männer M35

Total time: 13:07:29

Speed: 7.62 km/h
Running performance: 7:52 min/km

Rank in course/Total: 101 (of 187)

Rank in course/Men: 93 (of 163)

Best time in course: 8:09:36

Rank in category: 13(of 19)

Best time in the category: 9:20:18

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	2:41:31	6:44	12	36:36	69	46:54	23.96	2:41:31	6:44	7		100	27:15
Floh-Seligenthal	26.92	3:07:22	6:57	12	44:11	85	1:04:08	50.88	5:48:53	6:51	7		100	22:53
Finsterbergen	24.12	3:28:56	8:39	11	1:06:07	99	1:23:52	75.00	9:17:49	7:26	7	32:27	95	3:13:01
Fröttstädt	24.83	3:49:40	9:14	14	1:26:17	115	1:57:55	100.00	13:07:29	7:52	14	5:37:52	97	5:49:44