



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Kupfer, Jörg

Club: Lauffreunde Gotha
Number: 3

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 9:16:38

Speed: 10.78 km/h
Running performance: 5:34 min/km

Rank in course/Total: 6 (of 187)

Rank in course/Men: 6 (of 163)

Best time in course: 8:09:36

Rank in category: 3(of 27)

Best time in the category: 8:09:36

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	2:05:57	5:15	4	11:20	10	11:20	23.96	2:05:57	5:15	26		10	
Floh-Seligenthal	26.92	2:20:25	5:12	4	17:11	7	17:11	50.88	4:26:22	5:14	26		10	
Finsterbergen	24.12	2:20:01	5:48	2	14:57	4	14:57	75.00	6:46:23	5:25	24		7	41:35
Fröttstädt	24.83	2:30:15	6:03	3	25:27	11	38:30	100.00	9:16:38	5:33	3	1:07:02	10	1:58:53