



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 |