



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

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Club: Kirchberg an der Iller  
Number: 167

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M30

Total time: 13:08:29

Speed: 7.61 km/h  
Running performance: 7:53 min/km

Rank in course/Total: 102 (of 187)

Rank in course/Men: 94 (of 163)

Best time in course: 8:09:36

Rank in category: 4(of 8)

Best time in the category: 10:13:36

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	2:56:29	7:21	7	1:00:52	105	1:01:52	23.96	2:56:29	7:21	6	1:00:52	101	42:13
Floh-Seligenthal	26.92	3:05:14	6:52	6	59:03	83	1:02:00	50.88	6:01:43	7:06	6	1:59:55	101	35:43
Finsterbergen	24.12	3:15:00	8:05	5	47:15	72	1:09:56	75.00	9:16:43	7:25	5	1:29:05	96	3:11:55
Fröttstädt	24.83	3:51:46	9:20	5	1:25:48	119	2:00:01	100.00	13:08:29	7:53	5	4:14:45	98	5:50:44