



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

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Club: Adler-Langlauf Bottrop  
Number: 94

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 13:13:24

Speed: 7.56 km/h  
Running performance: 7:56 min/km

Rank in course/Total: 105 (of 187)

Rank in course/Men: 95 (of 163)

Best time in course: 8:09:36

Rank in category: 27(of 45)

Best time in the category: 8:43:30

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	2:46:47	6:57	25	48:14	83	52:10	23.96	2:46:47	6:57	8		102	32:31
Floh-Seligenthal	26.92	2:59:56	6:41	21	46:01	72	56:42	50.88	5:46:43	6:48	8		102	20:43
Finsterbergen	24.12	3:23:14	8:25	25	1:11:25	89	1:18:10	75.00	9:09:57	7:19	7		97	3:05:09
Fröttstädt	24.83	4:03:27	9:48	36	1:49:09	125	2:11:42	100.00	13:13:24	7:56	28	4:29:54	99	5:55:39