



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Baumgarten, Karl Wolfgang

Club: 100 Marathon Club
Number: 32

Course: 100.00 km
Thüringen Ultra

Category:
Männer M55

Total time: 13:13:46

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

Rank in course/Total: 106 (of 187)

Rank in course/Men: 96 (of 163)

Best time in course: 8:09:36

Rank in category: 9(of 15)

Best time in the category: 10:31:08

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	3:01:02	7:33	10	28:50	124	1:06:25	23.96	3:01:02	7:33	9	28:50	103	46:46
Floh-Seligenthal	26.92	3:26:50	7:40	10	39:05	123	1:23:36	50.88	6:27:52	7:37	9	1:07:55	103	1:01:52
Finsterbergen	24.12	3:13:20	8:00	5	41:35	69	1:08:16	75.00	9:41:12	7:44	9	1:49:30	98	3:36:24
Fröttstädt	24.83	3:32:34	8:33	7	53:08	84	1:40:49	100.00	13:13:46	7:56	9	2:42:38	100	5:56:01