



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Hennig, Rene

Club: Potsdamer RG
Number: 147

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 13:14:19

Speed: 7.55 km/h
Running performance: 7:56 min/km

Rank in course/Total: 107 (of 187)

Rank in course/Men: 97 (of 163)

Best time in course: 8:09:36

Rank in category: 28(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	2:57:12	7:23	30	58:39	109	1:02:35	23.96	2:57:12	7:23	9		104	42:56
Floh-Seligenthal	26.92	3:12:52	7:09	28	58:57	97	1:09:38	50.88	6:10:04	7:16	9		104	44:04
Finsterbergen	24.12	3:26:31	8:33	27	1:14:42	94	1:21:27	75.00	9:36:35	7:41	8		99	3:31:47
Fröttstädt	24.83	3:37:44	8:46	27	1:23:26	97	1:45:59	100.00	13:14:19	7:56	29	4:30:49	101	5:56:34