



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Niller, Sebastian

Club: LG Eisfeld
Number: 205

Course: 100.00 km
Thüringen Ultra

Category:
Männer M20

Total time: 13:15:18

Speed: 7.54 km/h
Running performance: 7:57 min/km

Rank in course/Total: 108 (of 187)

Rank in course/Men: 98 (of 163)

Best time in course: 8:09:36

Rank in category: 3(of 8)

Best time in the category: 9:37:24

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	2:47:44	7:00	4	44:17	84	53:07	23.96	2:47:44	7:00	4	33:28	105	33:28
Floh-Seligenthal	26.92	3:12:30	7:09	3	51:17	95	1:09:16	50.88	6:00:14	7:04	4	34:14	105	34:14
Finsterbergen	24.12	3:27:04	8:35	4	58:13	95	1:22:00	75.00	9:27:18	7:33	3	2:33:47	100	3:22:30
Fröttstädt	24.83	3:48:00	9:10	7	1:56:15	112	1:56:15	100.00	13:15:18	7:57	4	5:57:33	102	5:57:33