



3. Thüringen ULTRA

Fröttstädt / 04.07.2009

Detailed evaluation

Habakuk, Harry

Club: LWG Lausitzer Wasser
Number: 133

Course: 100.00 km
Thüringen Ultra

Category:
Männer M50

Total time: 13:16:08

Speed: 7.54 km/h
Running performance: 7:58 min/km

Rank in course/Total: 110 (of 187)

Rank in course/Men: 99 (of 163)

Best time in course: 8:09:36

Rank in category: 18(of 29)

Best time in the category: 10:43:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:52:42	7:12	18	38:24	98	58:05	23.96	2:52:42	7:12	13	6:08	106	38:26
Floh-Seligenthal	26.92	3:14:46	7:14	17	40:50	104	1:11:32	50.88	6:07:28	7:13	13	13:29	106	41:28
Finsterbergen	24.12	3:25:05	8:30	18	35:25	92	1:20:01	75.00	9:32:33	7:38	13	23:49	101	3:27:45
Fröttstädt	24.83	3:43:35	9:00	19	1:00:45	107	1:51:50	100.00	13:16:08	7:57	18	2:32:12	103	5:58:23