



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Pautzsch, Andreas

Club: Kanu Altenburg  
Number: 197

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 13:18:02

Speed: 7.52 km/h  
Running performance: 7:59 min/km

Rank in course/Total: 112 (of 187)

Rank in course/Men: 101 (of 163)

Best time in course: 8:09:36

Rank in category: 29(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:51:35	7:09	27	53:02	93	56:58	23.96	2:51:35	7:09	10		108	37:19
Floh-Seligenthal	26.92	3:13:25	7:11	30	59:30	100	1:10:11	50.88	6:05:00	7:10	10		108	39:00
Finsterbergen	24.12	3:47:24	9:25	35	1:35:35	125	1:42:20	75.00	9:52:24	7:53	9		103	3:47:36
Fröttstädt	24.83	3:25:38	8:16	23	1:11:20	75	1:33:53	100.00	13:18:02	7:58	30	4:34:32	105	6:00:17