



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Wilde, Hans-Ulrich

Club: ASC Wilnsdorf  
Number: 190

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M55

Total time: 13:20:13

Speed: 7.50 km/h  
Running performance: 8:00 min/km

Rank in course/Total: 113 (of 187)

Rank in course/Men: 102 (of 163)

Best time in course: 8:09:36

Rank in category: 10(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	2:53:19	7:14	7	21:07	102	58:42	23.96	2:53:19	7:14	10	21:07	109	39:03
Floh-Seligenthal	26.92	3:10:24	7:04	7	22:39	90	1:07:10	50.88	6:03:43	7:08	10	43:46	109	37:43
Finsterbergen	24.12	3:29:40	8:41	11	57:55	102	1:24:36	75.00	9:33:23	7:38	10	1:41:41	104	3:28:35
Fröttstädt	24.83	3:46:50	9:08	11	1:07:24	110	1:55:05	100.00	13:20:13	8:00	10	2:49:05	106	6:02:28