



### 3. Thüringen ULTRA

Fröttstädt / 04.07.2009

#### Detailed evaluation

Fried, Hagen

Club: LG Eckental  
Number: 119

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 13:20:13

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

Rank in course/Total: 114 (of 187)

Rank in course/Men: 103 (of 163)

Best time in course: 8:09:36

Rank in category: 19(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.	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	2:45:52	6:55	12	31:34	78	51:15	23.96	2:45:52	6:55	12		110	31:36
Floh-Seligenthal	26.92	3:04:49	6:51	13	30:53	82	1:01:35	50.88	5:50:41	6:53	12		110	24:41
Finsterbergen	24.12	3:34:31	8:53	22	44:51	110	1:29:27	75.00	9:25:12	7:32	12	16:28	105	3:20:24
Fröttstädt	24.83	3:55:01	9:27	21	1:12:11	122	2:03:16	100.00	13:20:13	8:00	19	2:36:17	106	6:02:28