



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Meister, Wolfgang

Club: BSV NDR- Hamburg  
Number: 161

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 13:21:55

Speed: 7.48 km/h  
Running performance: 8:01 min/km

Rank in course/Total: 115 (of 187)

Rank in course/Men: 104 (of 163)

Best time in course: 8:09:36

Rank in category: 20(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	3:07:13	7:48	25	52:55	139	1:12:36	23.96	3:07:13	7:48	11	20:39	111	52:57
Floh-Seligenthal	26.92	3:17:21	7:19	21	43:25	113	1:14:07	50.88	6:24:34	7:33	11	30:35	111	58:34
Finsterbergen	24.12	3:22:18	8:23	15	32:38	85	1:17:14	75.00	9:46:52	7:49	11	38:08	106	3:42:04
Fröttstädt	24.83	3:35:03	8:39	15	52:13	88	1:43:18	100.00	13:21:55	8:01	20	2:37:59	108	6:04:10