



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Häger, Sven-Eric

Club: KNBLO-Niederlande
Number: 9

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 13:28:58

Speed: 7.42 km/h
Running performance: 8:05 min/km

Rank in course/Total: 118 (of 187)

Rank in course/Men: 106 (of 163)

Best time in course: 8:09:36

Rank in category: 30(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		Total		Total		Total	
								km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Ruhlaer Skihütte	23.96	2:54:12	7:16	29	55:39	103	59:35	23.96	2:54:12	7:16	11		113	39:56	
Floh-Seligenthal	26.92	3:16:41	7:18	33	1:02:46	111	1:13:27	50.88	6:10:53	7:17	11		113	44:53	
Finsterbergen	24.12	3:37:38	9:01	31	1:25:49	114	1:32:34	75.00	9:48:31	7:50	10		108	3:43:43	
Fröttstädt	24.83	3:40:27	8:52	30	1:26:09	104	1:48:42	100.00	13:28:58	8:05	31	4:45:28	110	6:11:13	