



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Thein, Henrik

Club: Waltershausen
Number: 107

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 13:32:41

Speed: 7.38 km/h
Running performance: 8:08 min/km

Rank in course/Total: 120 (of 187)

Rank in course/Men: 108 (of 163)

Best time in course: 8:09:36

Rank in category: 31(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.	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	2:47:49	7:00	26	49:16	85	53:12	23.96	2:47:49	7:00	12		115	33:33
Floh-Seligenthal	26.92	3:19:12	7:23	34	1:05:17	117	1:15:58	50.88	6:07:01	7:12	12		115	41:01
Finsterbergen	24.12	3:39:01	9:04	33	1:27:12	118	1:33:57	75.00	9:46:02	7:48	11		110	3:41:14
Fröttstädt	24.83	3:46:39	9:07	32	1:32:21	109	1:54:54	100.00	13:32:41	8:07	32	4:49:11	112	6:14:56