



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Näke, Kai

Club: Dresden
Number: 102

Course: 100.00 km
Thüringen Ultra

Category:
Männer M30

Total time: 13:32:41

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

Rank in course/Total: 121 (of 187)

Rank in course/Men: 109 (of 163)

Best time in course: 8:09:36

Rank in category: 5(of 8)

Best time in the category: 10:13:36

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	2:45:14	6:53	5	49:37	75	50:37	23.96	2:45:14	6:53	7	49:37	116	30:58
Floh-Seligenthal	26.92	3:22:07	7:30	8	1:15:56	120	1:18:53	50.88	6:07:21	7:13	7	2:05:33	116	41:21
Finsterbergen	24.12	3:40:29	9:08	6	1:12:44	121	1:35:25	75.00	9:47:50	7:50	6	2:00:12	111	3:43:02
Fröttstädt	24.83	3:44:51	9:03	3	1:18:53	108	1:53:06	100.00	13:32:41	8:07	6	4:38:57	112	6:14:56