



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Hempel, Michael

Club: Bergwacht Pirna  
Number: 4

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M20

Total time: 9:37:24

Speed: 10.39 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 8 (of 187)

Rank in course/Men: 8 (of 163)

Best time in course: 8:09:36

Rank in category: 1(of 8)

Best time in the category: 9:37:24

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	2:03:27	5:09	1	-	7	8:50	23.96	2:03:27	5:09	2	-	12	-
Floh-Seligenthal	26.92	2:21:13	5:14	1	-	8	17:59	50.88	4:24:40	5:12	2	-	12	-
Finsterbergen	24.12	2:28:51	6:10	1	-	9	23:47	75.00	6:53:31	5:30	1	-	9	48:43
Fröttstädt	24.83	2:43:53	6:36	2	52:08	19	52:08	100.00	9:37:24	5:46	2	2:19:39	12	2:19:39