



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

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Club: TV Georgsmarienhütte
Number: 106

Course: 100.00 km
Thüringen Ultra

Category:
Männer M50

Total time: 13:36:50

Speed: 7.35 km/h
Running performance: 8:10 min/km

Rank in course/Total: 122 (of 187)

Rank in course/Men: 110 (of 163)

Best time in course: 8:09:36

Rank in category: 21(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	2:38:54	6:37	8	24:36	60	44:17	23.96	2:38:54	6:37	10		117	24:38
Floh-Seligenthal	26.92	3:16:40	7:18	20	42:44	110	1:13:26	50.88	5:55:34	6:59	10	1:35	117	29:34
Finsterbergen	24.12	3:21:49	8:22	14	32:09	83	1:16:45	75.00	9:17:23	7:25	10	8:39	112	3:12:35
Fröttstädt	24.83	4:19:27	10:26	24	1:36:37	136	2:27:42	100.00	13:36:50	8:10	21	2:52:54	114	6:19:05