



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Zietlow, Hans-Uwe

Club: LG DUV  
Number: 23

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M60

Total time: 13:39:56

Speed: 7.32 km/h  
Running performance: 8:12 min/km

Rank in course/Total: 125 (of 187)

Rank in course/Men: 112 (of 163)

Best time in course: 8:09:36

Rank in category: 3(of 7)

Best time in the category: 11:14:21

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	3:01:31	7:34	4	28:32	127	1:06:54	23.96	3:01:31	7:34	3	28:32	119	47:15
Floh-Seligenthal	26.92	3:22:26	7:31	4	32:19	121	1:19:12	50.88	6:23:57	7:32	3	1:00:51	119	57:57
Finsterbergen	24.12	3:38:58	9:04	3	47:58	117	1:33:54	75.00	10:02:55	8:02	3	1:48:49	114	3:58:07
Fröttstädt	24.83	3:37:01	8:44	4	36:46	94	1:45:16	100.00	13:39:56	8:11	3	2:25:35	116	6:22:11