



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Kuczulaba, Maik

Club: TSV Ipsheim
Number: 146

Course: 100.00 km
Thüringen Ultra

Category:
Männer M35

Total time: 13:46:22

Speed: 7.26 km/h
Running performance: 8:16 min/km

Rank in course/Total: 126 (of 187)

Rank in course/Men: 113 (of 163)

Best time in course: 8:09:36

Rank in category: 15(of 19)

Best time in the category: 9:20:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	2:53:00	7:13	15	48:05	100	58:23	23.96	2:53:00	7:13	5	9:31	120	38:44
Floh-Seligenthal	26.92	3:15:23	7:15	15	52:12	106	1:12:09	50.88	6:08:23	7:14	5	17:09	120	42:23
Finsterbergen	24.12	3:30:37	8:43	14	1:07:48	106	1:25:33	75.00	9:39:00	7:43	5	53:38	115	3:34:12
Fröttstädt	24.83	4:07:22	9:57	16	1:43:59	128	2:15:37	100.00	13:46:22	8:15	16	6:16:45	117	6:28:37