



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Blackwood, Mark

Club: Birmingham  
Number: 180

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M20

Total time: 13:53:25

Speed: 7.20 km/h  
Running performance: 8:20 min/km

Rank in course/Total: 128 (of 187)

Rank in course/Men: 114 (of 163)

Best time in course: 8:09:36

Rank in category: 5(of 8)

Best time in the category: 9:37:24

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	2:34:14	6:26	3	30:47	47	39:37	23.96	2:34:14	6:26	6	19:58	121	19:58
Floh-Seligenthal	26.92	3:45:00	8:21	7	1:23:47	143	1:41:46	50.88	6:19:14	7:27	6	53:14	121	53:14
Finsterbergen	24.12	3:56:45	9:48	6	1:27:54	129	1:51:41	75.00	10:15:59	8:12	5	3:22:28	116	4:11:11
Fröttstädt	24.83	3:37:26	8:45	5	1:45:41	96	1:45:41	100.00	13:53:25	8:20	6	6:35:40	118	6:35:40