



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Maaß, Ingo

Club: VfL Brandenburg
Number: 162

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 13:58:24

Speed: 7.16 km/h
Running performance: 8:23 min/km

Rank in course/Total: 130 (of 187)

Rank in course/Men: 116 (of 163)

Best time in course: 8:09:36

Rank in category: 21(of 27)

Best time in the category: 8:09:36

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	2:59:18	7:28	21	1:04:41	114	1:04:41	23.96	2:59:18	7:28	7	6:56	123	45:02
Floh-Seligenthal	26.92	3:29:13	7:46	22	1:25:59	128	1:25:59	50.88	6:28:31	7:38	7	37:29	123	1:02:31
Finsterbergen	24.12	3:35:24	8:55	21	1:30:20	111	1:30:20	75.00	10:03:55	8:03	6	1:12:34	118	3:59:07
Fröttstädt	24.83	3:54:29	9:26	21	1:49:41	121	2:02:44	100.00	13:58:24	8:23	21	5:48:48	120	6:40:39