



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

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Club: VfL Brandenburg  
Number: 168

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 13:58:24

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

Rank in course/Total: 131 (of 187)

Rank in course/Men: 117 (of 163)

Best time in course: 8:09:36

Rank in category: 32(of 45)

Best time in the category: 8:43:30

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	3:01:05	7:33	34	1:02:32	126	1:06:28	23.96	3:01:05	7:33	1	-	124	46:49
Floh-Seligenthal	26.92	3:36:10	8:01	39	1:22:15	136	1:32:56	50.88	6:37:15	7:48	1	-	124	1:11:15
Finsterbergen	24.12	3:37:59	9:02	32	1:26:10	115	1:32:55	75.00	10:15:14	8:12	1	-	119	4:10:26
Fröttstädt	24.83	3:43:10	8:59	31	1:28:52	105	1:51:25	100.00	13:58:24	8:23	33	5:14:54	120	6:40:39