



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Becker, Frank

Club: USV Erfurt
Number: 74

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 9:51:08

Speed: 10.15 km/h
Running performance: 5:55 min/km

Rank in course/Total: 9 (of 187)

Rank in course/Men: 9 (of 163)

Best time in course: 8:09:36

Rank in category: 4(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. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Ruhlaer Skihütte | 23.96 | 2:10:25 | 5:26 | 4 | 11:52 | 12 | 15:48 | 23.96 | 2:10:25 | 5:26 | 29 | | 13 | |
| Floh-Seligenthal | 26.92 | 2:29:23 | 5:32 | 6 | 15:28 | 14 | 26:09 | 50.88 | 4:39:48 | 5:29 | 29 | | 13 | |
| Finsterbergen | 24.12 | 2:41:15 | 6:41 | 7 | 29:26 | 17 | 36:11 | 75.00 | 7:21:03 | 5:52 | 26 | | 10 | 1:16:15 |
| Fröttstädt | 24.83 | 2:30:05 | 6:02 | 4 | 15:47 | 10 | 38:20 | 100.00 | 9:51:08 | 5:54 | 5 | 1:07:38 | 13 | 2:33:23 |