



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Häcker, Karsten

Club: 5 Ziegen  
Number: 7

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M40

Total time: 14:03:39

Speed: 7.11 km/h  
Running performance: 8:26 min/km

Rank in course/Total: 132 (of 187)

Rank in course/Men: 118 (of 163)

Best time in course: 8:09:36

Rank in category: 22(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	2:56:14	7:21	20	1:01:37	104	1:01:37	23.96	2:56:14	7:21	6	3:52	125	41:58
Floh-Seligenthal	26.92	3:13:02	7:10	21	1:09:48	98	1:09:48	50.88	6:09:16	7:15	6	18:14	125	43:16
Finsterbergen	24.12	3:48:22	9:28	22	1:43:18	126	1:43:18	75.00	9:57:38	7:58	5	1:06:17	120	3:52:50
Fröttstädt	24.83	4:06:01	9:54	23	2:01:13	127	2:14:16	100.00	14:03:39	8:26	22	5:54:03	122	6:45:54