



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Helf, Felix

Club: Andernach
Number: 109

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 14:03:40

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

Rank in course/Total: 133 (of 187)

Rank in course/Men: 119 (of 163)

Best time in course: 8:09:36

Rank in category: 33(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	3:05:02	7:43	37	1:06:29	134	1:10:25	23.96	3:05:02	7:43	14	3:57	126	50:46
Floh-Seligenthal	26.92	3:26:59	7:41	35	1:13:04	124	1:23:45	50.88	6:32:01	7:42	14		126	1:06:01
Finsterbergen	24.12	3:44:00	9:17	34	1:32:11	123	1:38:56	75.00	10:16:01	8:12	13	0:47	121	4:11:13
Fröttstädt	24.83	3:47:39	9:10	33	1:33:21	111	1:55:54	100.00	14:03:40	8:26	34	5:20:10	123	6:45:55