



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Würl, Hans

Club: Randringhauser Rennschnecken  
Number: 72

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 14:07:14

Speed: 7.08 km/h  
Running performance: 8:28 min/km

Rank in course/Total: 135 (of 187)

Rank in course/Men: 121 (of 163)

Best time in course: 8:09:36

Rank in category: 35(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	3:14:34	8:07	41	1:16:01	146	1:19:57	23.96	3:14:34	8:07	16	13:29	128	1:00:18
Floh-Seligenthal	26.92	3:55:17	8:44	42	1:41:22	149	1:52:03	50.88	7:09:51	8:26	16	32:36	128	1:43:51
Finsterbergen	24.12	3:33:32	8:51	30	1:21:43	109	1:28:28	75.00	10:43:23	8:34	15	28:09	123	4:38:35
Fröttstädt	24.83	3:23:51	8:12	21	1:09:33	71	1:32:06	100.00	14:07:14	8:28	36	5:23:44	125	6:49:29