



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Schreier, Ingolf

Club: Lauffeuer Fröttstädt
Number: 202

Course: 100.00 km
Thüringen Ultra

Category:
Männer M55

Total time: 14:09:20

Speed: 7.06 km/h
Running performance: 8:29 min/km

Rank in course/Total: 136 (of 187)

Rank in course/Men: 122 (of 163)

Best time in course: 8:09:36

Rank in category: 12(of 15)

Best time in the category: 10:31:08

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	3:01:04	7:33	11	28:52	125	1:06:27	23.96	3:01:04	7:33	12	28:52	129	46:48
Floh-Seligenthal	26.92	3:30:49	7:49	12	43:04	130	1:27:35	50.88	6:31:53	7:42	12	1:11:56	129	1:05:53
Finsterbergen	24.12	3:47:00	9:24	12	1:15:15	124	1:41:56	75.00	10:18:53	8:15	12	2:27:11	124	4:14:05
Fröttstädt	24.83	3:50:27	9:16	12	1:11:01	117	1:58:42	100.00	14:09:20	8:29	12	3:38:12	126	6:51:35