



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

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Club: LG Bauerkamp Warburg
Number: 15

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 14:19:53

Speed: 6.98 km/h
Running performance: 8:36 min/km

Rank in course/Total: 140 (of 187)

Rank in course/Men: 125 (of 163)

Best time in course: 8:09:36

Rank in category: 23(of 27)

Best time in the category: 8:09:36

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Ruhlaer Skihütte	23.96	3:03:38	7:39	23	1:09:01	130	1:09:01	23.96	3:03:38	7:39	5	11:16	132	49:22
Floh-Seligenthal	26.92	3:32:52	7:54	23	1:29:38	133	1:29:38	50.88	6:36:30	7:47	5	45:28	132	1:10:30
Finsterbergen	24.12	4:07:24	10:15	23	2:02:20	136	2:02:20	75.00	10:43:54	8:35	4	1:52:33	127	4:39:06
Fröttstädt	24.83	3:35:59	8:41	19	1:31:11	92	1:44:14	100.00	14:19:53	8:35	23	6:10:17	129	7:02:08