



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 |