



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Frenz, Michael

Club: LG Nord
Number: 56

Course: 100.00 km
Thüringen Ultra

Category:
Männer M35

Total time: 9:54:05

Speed: 10.10 km/h
Running performance: 5:56 min/km

Rank in course/Total: 10 (of 187)

Rank in course/Men: 10 (of 163)

Best time in course: 8:09:36

Rank in category: 2(of 19)

Best time in the category: 9:20:18

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	2:04:55	5:12	1	-	8	10:18	23.96	2:04:55	5:12	18		14	
Floh-Seligenthal	26.92	2:29:37	5:33	2	6:26	15	26:23	50.88	4:34:32	5:23	18		14	
Finsterbergen	24.12	2:37:50	6:32	2	15:01	14	32:46	75.00	7:12:22	5:45	18		11	1:07:34
Fröttstädt	24.83	2:41:43	6:30	3	18:20	16	49:58	100.00	9:54:05	5:56	3	2:24:28	14	2:36:20