



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Jahn, Henry

Club: SV Bad Düben
Number: 192

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 14:36:31

Speed: 6.85 km/h
Running performance: 8:46 min/km

Rank in course/Total: 145 (of 187)

Rank in course/Men: 128 (of 163)

Best time in course: 8:09:36

Rank in category: 36(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	3:02:30	7:37	36	1:03:57	129	1:07:53	23.96	3:02:30	7:37	17	1:25	135	48:14
Floh-Seligenthal	26.92	3:31:12	7:50	38	1:17:17	131	1:27:58	50.88	6:33:42	7:44	17		135	1:07:42
Finsterbergen	24.12	3:53:29	9:40	36	1:41:40	128	1:48:25	75.00	10:27:11	8:21	16	11:57	130	4:22:23
Fröttstädt	24.83	4:09:20	10:02	37	1:55:02	129	2:17:35	100.00	14:36:31	8:45	37	5:53:01	132	7:18:46