



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Ernst, Markus

Club: Hambach  
Number: 175

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M20

Total time: 15:14:33

Speed: 6.56 km/h  
Running performance: 9:09 min/km

Rank in course/Total: 149 (of 187)

Rank in course/Men: 130 (of 163)

Best time in course: 8:09:36

Rank in category: 7(of 8)

Best time in the category: 9:37:24

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	3:27:40	8:40	8	1:24:13	154	1:33:03	23.96	3:27:40	8:40	8	1:13:24	137	1:13:24
Floh-Seligenthal	26.92	4:03:26	9:02	8	1:42:13	153	2:00:12	50.88	7:31:06	8:51	8	2:05:06	137	2:05:06
Finsterbergen	24.12	4:03:39	10:06	7	1:34:48	132	1:58:35	75.00	11:34:45	9:15	7	4:41:14	132	5:29:57
Fröttstädt	24.83	3:39:48	8:51	6	1:48:03	103	1:48:03	100.00	15:14:33	9:08	8	7:56:48	134	7:56:48