3. Thüringen ULTRA

Fröttstädt / 04.07.2009

Detailed evaluation

Franke, Sven

Club: BLV-Ilsenburg
Number: 66

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 10:03:41

Speed: 9.94 km/h
Running performance: 6:02 min/km

Rank in course/Total: 11 (of 187)
Rank in course/Men: 11 (of 163)
Best time in course: 8:09:36

Rank in category: 4(of 27)
Best time in the category: 8:09:36

Intermediate times

Control	Split km	Split Time	Split min/km	Stage score Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Total ranking Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:06:21	5:16	5	11:44	11	11:44	23.96	2:06:21	5:16	25		15	
Floh-Seligenthal	26.92	2:17:55	5:07	3	14:41	5	14:41	50.88	4:24:16	5:11	25		15	
Finsterbergen	24.12	2:52:15	7:08	8	47:11	32	47:11	75.00	7:16:31	5:49	23		12	1:11:43
Fröttstätt	24.83	2:47:10	6:43	6	42:22	21	55:25	100.00	10:03:41	6:02	4	1:54:05	15	2:45:56