



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Glueck, Bernd

Club: Ich will Spaß
Number: 91

Course: 100.00 km
Thüringen Ultra

Category:
Männer M50

Total time: 15:34:39

Speed: 6.42 km/h
Running performance: 9:21 min/km

Rank in course/Total: 154 (of 187)

Rank in course/Men: 135 (of 163)

Best time in course: 8:09:36

Rank in category: 25(of 29)

Best time in the category: 10:43:56

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	km	
Ruhlaer Skihütte	23.96	3:08:48	7:52	27	54:30	144	1:14:11	23.96	3:08:48	7:52	6	22:14	142	54:32
Floh-Seligenthal	26.92	3:35:30	8:00	26	1:01:34	134	1:32:16	50.88	6:44:18	7:56	6	50:19	142	1:18:18
Finsterbergen	24.12	4:09:58	10:21	27	1:20:18	137	2:04:54	75.00	10:54:16	8:43	6	1:45:32	137	4:49:28
Fröttstädt	24.83	4:40:23	11:17	25	1:57:33	144	2:48:38	100.00	15:34:39	9:20	25	4:50:43	139	8:16:54