



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

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Club: 100 Marathon Club
Number: 173

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 15:34:39

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

Rank in course/Total: 155 (of 187)

Rank in course/Men: 136 (of 163)

Best time in course: 8:09:36

Rank in category: 37(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 | | Total | | Total | | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
|------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|--------|----------|--------|-----|---------|-----|-------------|----------------|------------|---------------|
| | | | | | | | | km | Time | min/km | Pos | Behind | Pos | | | | |
| Ruhlaer Skihütte | 23.96 | 3:15:28 | 8:09 | 42 | 1:16:55 | 147 | 1:20:51 | 23.96 | 3:15:28 | 8:09 | 18 | 14:23 | 143 | 1:01:12 | | | |
| Floh-Seligenthal | 26.92 | 3:28:26 | 7:44 | 36 | 1:14:31 | 126 | 1:25:12 | 50.88 | 6:43:54 | 7:56 | 18 | 6:39 | 143 | 1:17:54 | | | |
| Finsterbergen | 24.12 | 4:10:20 | 10:22 | 38 | 1:58:31 | 138 | 2:05:16 | 75.00 | 10:54:14 | 8:43 | 17 | 39:00 | 138 | 4:49:26 | | | |
| Fröttstädt | 24.83 | 4:40:25 | 11:17 | 40 | 2:26:07 | 145 | 2:48:40 | 100.00 | 15:34:39 | 9:20 | 38 | 6:51:09 | 139 | 8:16:54 | | | |