



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.	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	3:15:28	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