



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Kösling, Holger

Club: 100 Marathon Club  
Number: 33

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 15:41:59

Speed: 6.37 km/h  
Running performance: 9:25 min/km

Rank in course/Total: 157 (of 187)

Rank in course/Men: 138 (of 163)

Best time in course: 8:09:36

Rank in category: 26(of 29)

Best time in the category: 10:43:56

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	3:03:40	7:39	23	49:22	131	1:09:03	23.96	3:03:40	7:39	5	17:06	145	49:24
Floh-Seligenthal	26.92	3:32:42	7:54	25	58:46	132	1:29:28	50.88	6:36:22	7:47	5	42:23	145	1:10:22
Finsterbergen	24.12	4:07:15	10:15	26	1:17:35	135	2:02:11	75.00	10:43:37	8:34	5	1:34:53	140	4:38:49
Fröttstädt	24.83	4:58:22	12:00	27	2:15:32	151	3:06:37	100.00	15:41:59	9:25	26	4:58:03	142	8:24:14