



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Junig, Gunnar

Club: BLV-Ilsenburg
Number: 67

Course: 100.00 km
Thüringen Ultra

Category:
Männer M50

Total time: 15:42:19

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

Rank in course/Total: 158 (of 187)

Rank in course/Men: 139 (of 163)

Best time in course: 8:09:36

Rank in category: 27(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	2:58:45	7:27	21	44:27	113	1:04:08	23.96	2:58:45	7:27	4	12:11	146	44:29
Floh-Seligenthal	26.92	3:16:20	7:17	19	42:24	109	1:13:06	50.88	6:15:05	7:22	4	21:06	146	49:05
Finsterbergen	24.12	4:28:37	11:08	29	1:38:57	149	2:23:33	75.00	10:43:42	8:34	4	1:34:58	141	4:38:54
Fröttstädt	24.83	4:58:37	12:01	28	2:15:47	152	3:06:52	100.00	15:42:19	9:25	27	4:58:23	143	8:24:34