



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Wiegand, Kalle

Club: 100 Marathon Club
Number: 160

Course: 100.00 km
Thüringen Ultra

Category:
Männer M60

Total time: 15:46:14

Speed: 6.34 km/h
Running performance: 9:28 min/km

Rank in course/Total: 160 (of 187)

Rank in course/Men: 140 (of 163)

Best time in course: 8:09:36

Rank in category: 7(of 7)

Best time in the category: 11:14:21

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	3:28:00	8:40	6	55:01	156	1:33:23	23.96	3:28:00	8:40	7	55:01	147	1:13:44
Floh-Seligenthal	26.92	3:49:29	8:31	6	59:22	146	1:46:15	50.88	7:17:29	8:35	7	1:54:23	147	1:51:29
Finsterbergen	24.12	4:16:55	10:39	6	1:25:55	144	2:11:51	75.00	11:34:24	9:15	7	3:20:18	142	5:29:36
Fröttstädt	24.83	4:11:50	10:08	5	1:11:35	131	2:20:05	100.00	15:46:14	9:27	7	4:31:53	144	8:28:29