



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Kwakkenbos, Paul

Club: Oudewater  
Number: 80

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 15:52:58

Speed: 6.30 km/h  
Running performance: 9:32 min/km

Rank in course/Total: 161 (of 187)

Rank in course/Men: 141 (of 163)

Best time in course: 8:09:36

Rank in category: 38(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	3:08:32	7:52	40	1:09:59	143	1:13:55	23.96	3:08:32	7:52	19	7:27	148	54:16
Floh-Seligenthal	26.92	3:57:54	8:50	43	1:43:59	151	1:54:40	50.88	7:06:26	8:22	19	29:11	148	1:40:26
Finsterbergen	24.12	4:15:47	10:36	40	2:03:58	143	2:10:43	75.00	11:22:13	9:05	18	1:06:59	143	5:17:25
Fröttstädt	24.83	4:30:45	10:54	39	2:16:27	140	2:39:00	100.00	15:52:58	9:31	39	7:09:28	145	8:35:13