



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

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Club: LT-Oberursel
Number: 93

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 10:11:13

Speed: 9.82 km/h
Running performance: 6:07 min/km

Rank in course/Total: 12 (of 187)

Rank in course/Men: 12 (of 163)

Best time in course: 8:09:36

Rank in category: 5(of 27)

Best time in the category: 8:09:36

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	2:25:11	6:03	9	30:34	31	30:34	23.96	2:25:11	6:03	24		16	10:55
Floh-Seligenthal	26.92	2:34:31	5:44	6	31:17	21	31:17	50.88	4:59:42	5:53	24		16	
Finsterbergen	24.12	2:35:30	6:26	4	30:26	13	30:26	75.00	7:35:12	6:04	22		13	1:30:24
Fröttstädt	24.83	2:36:01	6:17	4	31:13	12	44:16	100.00	10:11:13	6:06	5	2:01:37	16	2:53:28