



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Seifert, Wolfgang

Club: FVV Frankfurt Triathlon  
Number: 84

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 15:57:08

Speed: 6.27 km/h  
Running performance: 9:34 min/km

Rank in course/Total: 163 (of 187)

Rank in course/Men: 143 (of 163)

Best time in course: 8:09:36

Rank in category: 28(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Ruhlaer Skihütte	23.96	3:16:49	8:12	29	1:02:31	150	1:22:12	23.96	3:16:49	8:12	3	30:15	150	1:02:33				
Floh-Seligenthal	26.92	3:44:11	8:19	28	1:10:15	141	1:40:57	50.88	7:01:00	8:16	3	1:07:01	150	1:35:00				
Finsterbergen	24.12	4:06:59	10:14	25	1:17:19	134	2:01:55	75.00	11:07:59	8:54	3	1:59:15	145	5:03:11				
Fröttstädt	24.83	4:49:09	11:38	26	2:06:19	148	2:57:24	100.00	15:57:08	9:34	28	5:13:12	147	8:39:23				