



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Hamer, Dr. Hubert

Club: Großhansdorf  
Number: 18

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 16:21:05

Speed: 6.12 km/h  
Running performance: 9:49 min/km

Rank in course/Total: 164 (of 187)

Rank in course/Men: 144 (of 163)

Best time in course: 8:09:36

Rank in category: 29(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	3:08:14	7:51	26	53:56	142	1:13:37	23.96	3:08:14	7:51	2	21:40	151	53:58
Floh-Seligenthal	26.92	3:44:18	8:19	29	1:10:22	142	1:41:04	50.88	6:52:32	8:06	2	58:33	151	1:26:32
Finsterbergen	24.12	4:15:01	10:34	28	1:25:21	142	2:09:57	75.00	11:07:33	8:54	2	1:58:49	146	5:02:45
Fröttstädt	24.83	5:13:32	12:37	29	2:30:42	155	3:21:47	100.00	16:21:05	9:48	29	5:37:09	148	9:03:20