



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Seitz, Bernd

Club: 100 Marathon Club Deutschland
Number: 191

Course: 100.00 km
Thüringen Ultra

Category:
Männer M70

Total time: 16:21:16

Speed: 6.11 km/h
Running performance: 9:49 min/km

Rank in course/Total: 165 (of 187)

Rank in course/Men: 145 (of 163)

Best time in course: 8:09:36

Rank in category: 2(of 2)

Best time in the category: 14:20:10

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	3:30:53	8:48	2	30:11	159	1:36:16	23.96	3:30:53	8:48	2	30:11	152	1:16:37
Floh-Seligenthal	26.92	4:06:31	9:09	2	41:39	155	2:03:17	50.88	7:37:24	8:59	2	1:11:50	152	2:11:24
Finsterbergen	24.12	4:23:50	10:56	2	42:55	146	2:18:46	75.00	12:01:14	9:36	2	1:54:45	147	5:56:26
Fröttstädt	24.83	4:20:02	10:28	2	6:21	137	2:28:17	100.00	16:21:16	9:48	2	2:01:06	149	9:03:31