



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Antoni, Günter

Club: 100 Marathon Club
Number: 177

Course: 100.00 km
Thüringen Ultra

Category:
Männer M65

Total time: 16:26:13

Speed: 6.08 km/h
Running performance: 9:52 min/km

Rank in course/Total: 166 (of 187)

Rank in course/Men: 146 (of 163)

Best time in course: 8:09:36

Rank in category: 3(of 3)

Best time in the category: 12:28:18

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	3:21:20	8:24	3	34:37	153	1:26:43	23.96	3:21:20	8:24	3	34:37	153	1:07:04
Floh-Seligenthal	26.92	3:56:13	8:46	3	55:20	150	1:52:59	50.88	7:17:33	8:35	3	1:29:57	153	1:51:33
Finsterbergen	24.12	4:33:46	11:21	3	1:16:03	151	2:28:42	75.00	11:51:19	9:29	3	2:42:38	148	5:46:31
Fröttstädt	24.83	4:34:54	11:04	3	1:15:17	143	2:43:09	100.00	16:26:13	9:51	3	3:57:55	150	9:08:28