



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Hensel, Andreas

Club: SV Sparkasse Zwickau
Number: 65

Course: 100.00 km
Thüringen Ultra

Category:
Männer M35

Total time: 16:44:48

Speed: 5.97 km/h
Running performance: 10:03 min/km

Rank in course/Total: 167 (of 187)

Rank in course/Men: 147 (of 163)

Best time in course: 8:09:36

Rank in category: 17(of 19)

Best time in the category: 9:20:18

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	3:31:32	8:49	18	1:26:37	160	1:36:55	23.96	3:31:32	8:49	3	48:03	154	1:17:16
Floh-Seligenthal	26.92	4:09:51	9:16	17	1:46:40	156	2:06:37	50.88	7:41:23	9:04	3	1:50:09	154	2:15:23
Finsterbergen	24.12	4:29:52	11:11	18	2:07:03	150	2:24:48	75.00	12:11:15	9:45	3	3:25:53	149	6:06:27
Fröttstädt	24.83	4:33:33	11:01	17	2:10:10	141	2:41:48	100.00	16:44:48	10:02	18	9:15:11	151	9:27:03