



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Eßer, Michael

Club: www.running-for-kids.de
Number: 62

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 16:50:28

Speed: 5.94 km/h
Running performance: 10:06 min/km

Rank in course/Total: 169 (of 187)

Rank in course/Men: 148 (of 163)

Best time in course: 8:09:36

Rank in category: 24(of 27)

Best time in the category: 8:09:36

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	3:04:52	7:42	24	1:10:15	133	1:10:15	23.96	3:04:52	7:42	4	12:30	155	50:36				
Floh-Seligenthal	26.92	4:06:06	9:08	26	2:02:52	154	2:02:52	50.88	7:10:58	8:28	4	1:19:56	155	1:44:58				
Finsterbergen	24.12	4:27:14	11:04	24	2:22:10	148	2:22:10	75.00	11:38:12	9:18	3	2:46:51	150	5:33:24				
Fröttstädt	24.83	5:12:16	12:34	25	3:07:28	153	3:20:31	100.00	16:50:28	10:06	24	8:40:52	152	9:32:43				