



### 3. Thüringen ULTRA

Fröttstädt / 04.07.2009

#### Detailed evaluation

**Heeb, Markus**

Club: RTB Marathonteam Remscheid  
Number: 171

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M30

Total time: 10:13:36

Speed: 9.78 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 13 (of 187)

Rank in course/Men: 13 (of 163)

Best time in course: 8:09:36

Rank in category: 1(of 8)

Best time in the category: 10:13:36

#### 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	2:37:26	6:34	3	41:49	56	42:49	23.96	2:37:26	6:34	2	41:49	17	23:10
Floh-Seligenthal	26.92	2:42:27	6:02	3	36:16	29	39:13	50.88	5:19:53	6:17	2	1:18:05	17	
Finsterbergen	24.12	2:27:45	6:07	1	-	8	22:41	75.00	7:47:38	6:14	1	-	14	1:42:50
Fröttstädt	24.83	2:25:58	5:52	1	-	8	34:13	100.00	10:13:36	6:08	2	1:19:52	17	2:55:51