



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Böss, Wolfgang

Club: Creußen
Number: 54

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 10:14:10

Speed: 9.77 km/h
Running performance: 6:08 min/km

Rank in course/Total: 14 (of 187)

Rank in course/Men: 14 (of 163)

Best time in course: 8:09:36

Rank in category: 5(of 45)

Best time in the category: 8:43:30

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	2:17:17	5:43	6	18:44	17	22:40	23.96	2:17:17	5:43	30		18	3:01
Floh-Seligenthal	26.92	2:29:14	5:32	5	15:19	13	26:00	50.88	4:46:31	5:37	30		18	
Finsterbergen	24.12	2:43:11	6:45	8	31:22	18	38:07	75.00	7:29:42	5:59	27		15	1:24:54
Fröttstädt	24.83	2:44:28	6:37	6	30:10	20	52:43	100.00	10:14:10	6:08	6	1:30:40	18	2:56:25