



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Fischer, Thomas

Club: RLT Rodgau
Number: 87

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 10:19:14

Speed: 9.69 km/h
Running performance: 6:11 min/km

Rank in course/Total: 16 (of 187)

Rank in course/Men: 16 (of 163)

Best time in course: 8:09:36

Rank in category: 6(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:22:11	5:56	6	27:34	21	27:34	23.96	2:22:11	5:56	23		20	7:55
Floh-Seligenthal	26.92	2:34:38	5:44	7	31:24	22	31:24	50.88	4:56:49	5:50	23		20	
Finsterbergen	24.12	2:39:39	6:37	5	34:35	15	34:35	75.00	7:36:28	6:05	21		17	1:31:40
Fröttstädt	24.83	2:42:46	6:33	5	37:58	17	51:01	100.00	10:19:14	6:11	6	2:09:38	20	3:01:29