



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Furche, Frank

Club: MTP Hersbruck
Number: 172

Course: 100.00 km
Thüringen Ultra

Category:
Männer M55

Total time: 10:31:08

Speed: 9.51 km/h
Running performance: 6:19 min/km

Rank in course/Total: 18 (of 187)

Rank in course/Men: 17 (of 163)

Best time in course: 8:09:36

Rank in category: 1(of 15)

Best time in the category: 10:31:08

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	2:32:12	6:21	1	-	45	37:35	23.96	2:32:12	6:21	1	-	21	17:56
Floh-Seligenthal	26.92	2:47:45	6:13	1	-	38	44:31	50.88	5:19:57	6:17	1	-	21	
Finsterbergen	24.12	2:31:45	6:17	1	-	10	26:41	75.00	7:51:42	6:17	1	-	18	1:46:54
Fröttstädt	24.83	2:39:26	6:25	1	-	13	47:41	100.00	10:31:08	6:18	1	-	21	3:13:23