



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Röthlingshöfer, Willfried

Club: TSV Ipsheim
Number: 148

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 10:35:09

Speed: 9.45 km/h
Running performance: 6:21 min/km

Rank in course/Total: 19 (of 187)

Rank in course/Men: 18 (of 163)

Best time in course: 8:09:36

Rank in category: 7(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	2:25:42	6:04	10	27:09	32	31:05	23.96	2:25:42	6:04	32		22	11:26
Floh-Seligenthal	26.92	2:37:35	5:51	9	23:40	24	34:21	50.88	5:03:17	5:57	32		22	
Finsterbergen	24.12	2:40:39	6:39	6	28:50	16	35:35	75.00	7:43:56	6:11	29		19	1:39:08
Fröttstädt	24.83	2:51:13	6:53	7	36:55	22	59:28	100.00	10:35:09	6:21	8	1:51:39	22	3:17:24