



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Malowitz, Oliver

Club: SV Schottenstein
Number: 2

Course: 100.00 km
Thüringen Ultra

Category:
Männer M35

Total time: 10:41:03

Speed: 9.36 km/h
Running performance: 6:25 min/km

Rank in course/Total: 21 (of 187)

Rank in course/Men: 20 (of 163)

Best time in course: 8:09:36

Rank in category: 3(of 19)

Best time in the category: 9:20:18

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	2:34:42	6:27	9	29:47	48	40:05	23.96	2:34:42	6:27	17		24	20:26
Floh-Seligenthal	26.92	2:49:41	6:18	8	26:30	47	46:27	50.88	5:24:23	6:22	17		24	
Finsterbergen	24.12	2:49:35	7:01	4	26:46	26	44:31	75.00	8:13:58	6:35	17		21	2:09:10
Fröttstädt	24.83	2:27:05	5:55	2	3:42	9	35:20	100.00	10:41:03	6:24	4	3:11:26	24	3:23:18