



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Rocholl, Lutz

Club: Remscheid  
Number: 95

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 10:43:56

Speed: 9.32 km/h  
Running performance: 6:26 min/km

Rank in course/Total: 22 (of 187)

Rank in course/Men: 21 (of 163)

Best time in course: 8:09:36

Rank in category: 9(of 45)

Best time in the category: 8:43:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:15:57	5:40	5	17:24	16	21:20	23.96	2:15:57	5:40	34		25	1:41
Floh-Seligenthal	26.92	2:30:39	5:35	7	16:44	17	27:25	50.88	4:46:36	5:37	34		25	
Finsterbergen	24.12	2:53:49	7:12	14	42:00	36	48:45	75.00	7:40:25	6:08	31		22	1:35:37
Fröttstädt	24.83	3:03:31	7:23	10	49:13	33	1:11:46	100.00	10:43:56	6:26	10	2:00:26	25	3:26:11