



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Jürries, Uwe

Club: Lt. Hengsteysee/ Hagen
Number: 145

Course: 100.00 km
Thüringen Ultra

Category:
Männer M50

Total time: 10:43:56

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

Rank in course/Total: 23 (of 187)

Rank in course/Men: 22 (of 163)

Best time in course: 8:09:36

Rank in category: 1(of 29)

Best time in the category: 10:43:56

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 | 2:14:18 | 5:36 | 1 | - | 15 | 19:41 | 23.96 | 2:14:18 | 5:36 | 16 | - | 26 | 0:02 |
| Floh-Seligenthal | 26.92 | 2:33:56 | 5:43 | 1 | - | 20 | 30:42 | 50.88 | 4:48:14 | 5:39 | 16 | - | 26 | |
| Finsterbergen | 24.12 | 2:52:09 | 7:08 | 2 | 2:29 | 30 | 47:05 | 75.00 | 7:40:23 | 6:08 | 16 | - | 23 | 1:35:35 |
| Fröttstädt | 24.83 | 3:03:33 | 7:23 | 2 | 20:43 | 34 | 1:11:48 | 100.00 | 10:43:56 | 6:26 | 1 | - | 25 | 3:26:11 |