



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