



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Simon, Ralf

Club: 100 Marathon Club
Number: 122

Course: 100.00 km
Thüringen Ultra

Category:
Männer M50

Total time: 10:46:57

Speed: 9.27 km/h
Running performance: 6:28 min/km

Rank in course/Total: 24 (of 187)

Rank in course/Men: 23 (of 163)

Best time in course: 8:09:36

Rank in category: 2(of 29)

Best time in the category: 10:43:56

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	2:30:11	6:16	3	15:53	37	35:34	23.96	2:30:11	6:16	29		27	15:55
Floh-Seligenthal	26.92	2:44:16	6:06	3	10:20	33	41:02	50.88	5:14:27	6:10	29		27	
Finsterbergen	24.12	2:49:40	7:02	1	-	27	44:36	75.00	8:04:07	6:27	29		24	1:59:19
Fröttstädt	24.83	2:42:50	6:33	1	-	18	51:05	100.00	10:46:57	6:28	2	3:01	27	3:29:12