



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Lynas, Matthew

Club: N3 Sport Verein, Arnstadt  
Number: 125

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M40

Total time: 8:09:36

Speed: 12.25 km/h  
Running performance: 4:54 min/km

Rank in course/Total: 1 (of 187)

Rank in course/Men: 1 (of 163)

Best time in course: 8:09:36

Rank in category: 1(of 27)

Best time in the category: 8:09:36

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	1:56:30	4:51	2	1:53	3	1:53	23.96	1:56:30	4:51	15		2	
Floh-Seligenthal	26.92	2:03:14	4:34	1	-	1	-	50.88	3:59:44	4:42	15		2	
Finsterbergen	24.12	2:05:04	5:11	1	-	1	-	75.00	6:04:48	4:51	14		1	-
Fröttstädt	24.83	2:04:48	5:01	1	-	2	13:03	100.00	8:09:36	4:53	1	-	3	51:51