



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Fasel, Norbert

Club: LSF Münster
Number: 46

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 10:51:31

Speed: 9.21 km/h
Running performance: 6:31 min/km

Rank in course/Total: 26 (of 187)

Rank in course/Men: 24 (of 163)

Best time in course: 8:09:36

Rank in category: 7(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.	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	2:24:15	6:01	8	29:38	29	29:38	23.96	2:24:15	6:01	22		28	9:59
Floh-Seligenthal	26.92	2:36:50	5:49	8	33:36	23	33:36	50.88	5:01:05	5:55	22		28	
Finsterbergen	24.12	2:44:27	6:49	6	39:23	20	39:23	75.00	7:45:32	6:12	20		25	1:40:44
Fröttstädt	24.83	3:05:59	7:29	11	1:01:11	41	1:14:14	100.00	10:51:31	6:30	7	2:41:55	28	3:33:46