



3. Thüringen ULTRA Fröttstädt / 04.07.2009

Detailed evaluation

Woitynek, Martin

Club: KSP Kniebeuge 98 e.V.
Number: 78

Course: 100.00 km
Thüringen Ultra

Category:
Männer M35

Total time: 10:56:55

Speed: 9.13 km/h
Running performance: 6:34 min/km

Rank in course/Total: 27 (of 187)

Rank in course/Men: 25 (of 163)

Best time in course: 8:09:36

Rank in category: 4(of 19)

Best time in the category: 9:20:18

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
Ruhlaer Skihütte	23.96	2:23:32	5:59	6	18:37	25	28:55	23.96	2:23:32	5:59	16		29	9:16
Floh-Seligenthal	26.92	2:43:52	6:05	5	20:41	31	40:38	50.88	5:07:24	6:02	16		29	
Finsterbergen	24.12	2:52:23	7:08	5	29:34	33	47:19	75.00	7:59:47	6:23	16		26	1:54:59
Fröttstädt	24.83	2:57:08	7:08	6	33:45	27	1:05:23	100.00	10:56:55	6:34	5	3:27:18	29	3:39:10