



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Wallesch, René

Club: 100 Marathon Club
Number: 115

Course: 100.00 km
Thüringen Ultra

Category:
Männer M35

Total time: 10:59:06

Speed: 9.10 km/h
Running performance: 6:35 min/km

Rank in course/Total: 28 (of 187)

Rank in course/Men: 26 (of 163)

Best time in course: 8:09:36

Rank in category: 5(of 19)

Best time in the category: 9:20:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:22:55	5:57	4	18:00	23	28:18	23.96	2:22:55	5:57	15		30	8:39
Floh-Seligenthal	26.92	2:45:49	6:09	6	22:38	34	42:35	50.88	5:08:44	6:04	15		30	
Finsterbergen	24.12	2:48:42	6:59	3	25:53	25	43:38	75.00	7:57:26	6:21	15		27	1:52:38
Fröttstädt	24.83	3:01:40	7:18	7	38:17	31	1:09:55	100.00	10:59:06	6:35	6	3:29:29	30	3:41:21