



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

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Club: LG Friedrichroda  
Number: 132

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 11:05:08

Speed: 9.02 km/h  
Running performance: 6:39 min/km

Rank in course/Total: 29 (of 187)

Rank in course/Men: 27 (of 163)

Best time in course: 8:09:36

Rank in category: 3(of 29)

Best time in the category: 10:43:56

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	2:24:39	6:02	2	10:21	30	30:02	23.96	2:24:39	6:02	28		31	10:23
Floh-Seligenthal	26.92	2:37:50	5:51	2	3:54	25	34:36	50.88	5:02:29	5:56	28		31	
Finsterbergen	24.12	2:59:02	7:25	5	9:22	48	53:58	75.00	8:01:31	6:25	28		28	1:56:43
Fröttstädt	24.83	3:03:37	7:23	3	20:47	35	1:11:52	100.00	11:05:08	6:39	3	21:12	31	3:47:23