



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Schmidt, Dirk

Club: Arnsberg
Number: 185

Course: 100.00 km
Thüringen Ultra

Category:
Männer M30

Total time: 11:07:10

Speed: 8.99 km/h
Running performance: 6:40 min/km

Rank in course/Total: 30 (of 187)

Rank in course/Men: 28 (of 163)

Best time in course: 8:09:36

Rank in category: 2(of 8)

Best time in the category: 10:13:36

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	2:37:44	6:34	4	42:07	57	43:07	23.96	2:37:44	6:34	3	42:07	32	23:28
Floh-Seligenthal	26.92	2:47:55	6:14	4	41:44	39	44:41	50.88	5:25:39	6:24	3	1:23:51	32	
Finsterbergen	24.12	2:47:34	6:56	2	19:49	22	42:30	75.00	8:13:13	6:34	2	25:35	29	2:08:25
Fröttstädt	24.83	2:53:57	7:00	2	27:59	23	1:02:12	100.00	11:07:10	6:40	3	2:13:26	32	3:49:25