



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

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Club: Trisport Erding
Number: 75

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 11:09:00

Speed: 8.97 km/h
Running performance: 6:41 min/km

Rank in course/Total: 31 (of 187)

Rank in course/Men: 29 (of 163)

Best time in course: 8:09:36

Rank in category: 10(of 45)

Best time in the category: 8:43:30

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	2:27:31	6:09	12	28:58	34	32:54	23.96	2:27:31	6:09	24		33	13:15
Floh-Seligenthal	26.92	2:43:56	6:05	12	30:01	32	40:42	50.88	5:11:27	6:07	24		33	
Finsterbergen	24.12	2:52:50	7:09	13	41:01	34	47:46	75.00	8:04:17	6:27	32		30	1:59:29
Fröttstädt	24.83	3:04:43	7:26	11	50:25	37	1:12:58	100.00	11:09:00	6:41	11	2:25:30	33	3:51:15