



### 3. Thüringen ULTRA

Fröttstädt / 04.07.2009

#### Detailed evaluation

**Caninenberg, Jens**

Club: LG Weser Bergland  
Number: 187

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M35

Total time: 11:11:41

Speed: 8.93 km/h  
Running performance: 6:43 min/km

Rank in course/Total: 32 (of 187)

Rank in course/Men: 30 (of 163)

Best time in course: 8:09:36

Rank in category: 6(of 19)

Best time in the category: 9:20:18

#### 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	2:30:54	6:17	8	25:59	42	36:17	23.96	2:30:54	6:17	14		34	16:38
Floh-Seligenthal	26.92	2:46:28	6:11	7	23:17	36	43:14	50.88	5:17:22	6:14	14		34	
Finsterbergen	24.12	2:59:40	7:26	9	36:51	49	54:36	75.00	8:17:02	6:37	14		31	2:12:14
Fröttstädt	24.83	2:54:39	7:02	4	31:16	25	1:02:54	100.00	11:11:41	6:43	7	3:42:04	34	3:53:56