



3. Thüringen ULTRA

Fröttstädt / 04.07.2009

Detailed evaluation

Seever, Michael

Club: SG Motor Arnstadt
Number: 203

Course: 100.00 km
Thüringen Ultra

Category:
Männer M60

Total time: 11:14:21

Speed: 8.90 km/h
Running performance: 6:44 min/km

Rank in course/Total: 33 (of 187)

Rank in course/Men: 31 (of 163)

Best time in course: 8:09:36

Rank in category: 1(of 7)

Best time in the category: 11:14:21

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	2:32:59	6:23	1	-	46	38:22	23.96	2:32:59	6:23	1	-	35	18:43
Floh-Seligenthal	26.92	2:50:07	6:19	1	-	49	46:53	50.88	5:23:06	6:21	1	-	35	
Finsterbergen	24.12	2:51:00	7:05	1	-	29	45:56	75.00	8:14:06	6:35	1	-	32	2:09:18
Fröttstädt	24.83	3:00:15	7:15	1	-	30	1:08:30	100.00	11:14:21	6:44	1	-	35	3:56:36