



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

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Club: Endorphinjunkies.de Dortmund  
Number: 121

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M35

Total time: 11:14:47

Speed: 8.89 km/h  
Running performance: 6:45 min/km

Rank in course/Total: 34 (of 187)

Rank in course/Men: 32 (of 163)

Best time in course: 8:09:36

Rank in category: 7(of 19)

Best time in the category: 9:20:18

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	2:23:13	5:58	5	18:18	24	28:36	23.96	2:23:13	5:58	13		36	8:57
Floh-Seligenthal	26.92	2:39:57	5:56	4	16:46	27	36:43	50.88	5:03:10	5:57	13		36	
Finsterbergen	24.12	2:56:07	7:18	7	33:18	41	51:03	75.00	7:59:17	6:23	13		33	1:54:29
Fröttstädt	24.83	3:15:30	7:52	10	52:07	59	1:23:45	100.00	11:14:47	6:44	8	3:45:10	36	3:57:02