



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Dell, Fred

Club: M&H Rennsteigteam
Number: 195

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 8:43:30

Speed: 11.46 km/h
Running performance: 5:14 min/km

Rank in course/Total: 2 (of 187)

Rank in course/Men: 2 (of 163)

Best time in course: 8:09:36

Rank in category: 1(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	1:58:33	4:56	1	-	4	3:56	23.96	1:58:33	4:56	35		3	
Floh-Seligenthal	26.92	2:13:55	4:58	1	-	4	10:41	50.88	4:12:28	4:57	35		3	
Finsterbergen	24.12	2:16:44	5:40	2	4:55	3	11:40	75.00	6:29:12	5:11	33		2	24:24
Fröttstädt	24.83	2:14:18	5:24	1	-	3	22:33	100.00	8:43:30	5:14	1	-	4	1:25:45