



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Krieger, Andreas

Club: Weimar
Number: 44

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 11:15:07

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

Rank in course/Total: 35 (of 187)

Rank in course/Men: 33 (of 163)

Best time in course: 8:09:36

Rank in category: 8(of 27)

Best time in the category: 8:09:36

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	2:27:39	6:09	10	33:02	35	33:02	23.96	2:27:39	6:09	21		37	13:23
Floh-Seligenthal	26.92	2:39:03	5:54	9	35:49	26	35:49	50.88	5:06:42	6:01	21		37	
Finsterbergen	24.12	2:49:56	7:02	7	44:52	28	44:52	75.00	7:56:38	6:21	19		34	1:51:50
Fröttstädt	24.83	3:18:29	7:59	14	1:13:41	64	1:26:44	100.00	11:15:07	6:45	8	3:05:31	37	3:57:22