



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Sakuth, Holger

Club: M&H Rennsteigteam  
Number: 11

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 11:21:30

Speed: 8.80 km/h  
Running performance: 6:49 min/km

Rank in course/Total: 36 (of 187)

Rank in course/Men: 34 (of 163)

Best time in course: 8:09:36

Rank in category: 11(of 45)

Best time in the category: 8:43:30

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	2:39:21	6:39	17	40:48	61	44:44	23.96	2:39:21	6:39	36		38	25:05
Floh-Seligenthal	26.92	2:48:42	6:16	17	34:47	44	45:28	50.88	5:28:03	6:26	36		38	2:03
Finsterbergen	24.12	2:47:50	6:57	12	36:01	24	42:46	75.00	8:15:53	6:36	22		35	2:11:05
Fröttstädt	24.83	3:05:37	7:28	12	51:19	39	1:13:52	100.00	11:21:30	6:48	12	2:38:00	38	4:03:45