



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Meininger, Ulrich

Club: M&H Rennsteigteam
Number: 12

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: 37 (of 187)

Rank in course/Men: 35 (of 163)

Best time in course: 8:09:36

Rank in category: 12(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 km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:39:23	6:39	18	40:50	62	44:46	23.96	2:39:23	6:39	37		39	25:07
Floh-Seligenthal	26.92	2:48:36	6:15	15	34:41	42	45:22	50.88	5:27:59	6:26	37		39	1:59
Finsterbergen	24.12	2:47:35	6:56	11	35:46	23	42:31	75.00	8:15:34	6:36	34		36	2:10:46
Fröttstädt	24.83	3:05:56	7:29	13	51:38	40	1:14:11	100.00	11:21:30	6:48	12	2:38:00	38	4:03:45