



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Knop, Andreas

Club: DUV Berlin  
Number: 97

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 11:27:05

Speed: 8.73 km/h  
Running performance: 6:52 min/km

Rank in course/Total: 38 (of 187)

Rank in course/Men: 36 (of 163)

Best time in course: 8:09:36

Rank in category: 13(of 45)

Best time in the category: 8:43:30

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Ruhlaer Skihütte	23.96	2:39:33	6:39	19	41:00	63	44:56	23.96	2:39:33	6:39	38		40	25:17
Floh-Seligenthal	26.92	2:47:21	6:12	13	33:26	37	44:07	50.88	5:26:54	6:25	38		40	0:54
Finsterbergen	24.12	3:00:06	7:28	18	48:17	51	55:02	75.00	8:27:00	6:45	35		37	2:22:12
Fröttstädt	24.83	3:00:05	7:15	8	45:47	29	1:08:20	100.00	11:27:05	6:52	14	2:43:35	40	4:09:20