



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Förkel, Detlev

Club: Weimar
Number: 108

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 11:28:09

Speed: 8.72 km/h
Running performance: 6:53 min/km

Rank in course/Total: 40 (of 187)

Rank in course/Men: 38 (of 163)

Best time in course: 8:09:36

Rank in category: 9(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	2:02:10	5:05	3	7:33	6	7:33	23.96	2:02:10	5:05	20		42	
Floh-Seligenthal	26.92	2:28:44	5:31	5	25:30	11	25:30	50.88	4:30:54	5:19	20		42	
Finsterbergen	24.12	2:55:42	7:17	10	50:38	38	50:38	75.00	7:26:36	5:57	18		39	1:21:48
Fröttstädt	24.83	4:01:33	9:43	22	1:56:45	124	2:09:48	100.00	11:28:09	6:52	9	3:18:33	42	4:10:24