



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Frunzke, Thomas

Club: Storkow  
Number: 118

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 11:31:08

Speed: 8.68 km/h  
Running performance: 6:55 min/km

Rank in course/Total: 41 (of 187)

Rank in course/Men: 39 (of 163)

Best time in course: 8:09:36

Rank in category: 4(of 29)

Best time in the category: 10:43:56

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	2:38:02	6:35	7	23:44	58	43:25	23.96	2:38:02	6:35	27		43	23:46
Floh-Seligenthal	26.92	2:49:55	6:18	6	15:59	48	46:41	50.88	5:27:57	6:26	27		43	1:57
Finsterbergen	24.12	2:55:57	7:17	3	6:17	40	50:53	75.00	8:23:54	6:43	27		40	2:19:06
Fröttstädt	24.83	3:07:14	7:32	4	24:24	43	1:15:29	100.00	11:31:08	6:54	4	47:12	43	4:13:23