



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Stutzke, Jörg

Club: LG Nord Berlin - Ultrateam
Number: 151

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 11:31:08

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

Rank in course/Total: 42 (of 187)

Rank in course/Men: 40 (of 163)

Best time in course: 8:09:36

Rank in category: 10(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	2:35:31	6:29	13	40:54	50	40:54	23.96	2:35:31	6:29	19		44	21:15
Floh-Seligenthal	26.92	2:48:54	6:16	10	45:40	45	45:40	50.88	5:24:25	6:22	19		44	
Finsterbergen	24.12	3:06:56	7:45	15	1:01:52	64	1:01:52	75.00	8:31:21	6:49	17		41	2:26:33
Fröttstädt	24.83	2:59:47	7:14	8	54:59	28	1:08:02	100.00	11:31:08	6:54	10	3:21:32	43	4:13:23