



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Fila, Donald

Club: Flotte Sohle Herbstein & friends
Number: 158

Course: 100.00 km
Thüringen Ultra

Category:
Männer M50

Total time: 11:32:45

Speed: 8.66 km/h
Running performance: 6:56 min/km

Rank in course/Total: 43 (of 187)

Rank in course/Men: 41 (of 163)

Best time in course: 8:09:36

Rank in category: 5(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 | 2:30:20 | 6:16 | 4 | 16:02 | 38 | 35:43 | 23.96 | 2:30:20 | 6:16 | 26 | | 45 | 16:04 |
| Floh-Seligenthal | 26.92 | 2:46:07 | 6:10 | 4 | 12:11 | 35 | 42:53 | 50.88 | 5:16:27 | 6:13 | 26 | | 45 | |
| Finsterbergen | 24.12 | 3:08:31 | 7:48 | 9 | 18:51 | 65 | 1:03:27 | 75.00 | 8:24:58 | 6:43 | 26 | | 42 | 2:20:10 |
| Fröttstädt | 24.83 | 3:07:47 | 7:33 | 5 | 24:57 | 44 | 1:16:02 | 100.00 | 11:32:45 | 6:55 | 5 | 48:49 | 45 | 4:15:00 |