



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