



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Rensch, Steffen

Club: Tangermünde
Number: 81

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 11:33:58

Speed: 8.65 km/h
Running performance: 6:56 min/km

Rank in course/Total: 45 (of 187)

Rank in course/Men: 42 (of 163)

Best time in course: 8:09:36

Rank in category: 11(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	2:36:46	6:32	15	42:09	54	42:09	23.96	2:36:46	6:32	18		46	22:30
Floh-Seligenthal	26.92	2:58:12	6:37	15	54:58	64	54:58	50.88	5:34:58	6:35	18		46	8:58
Finsterbergen	24.12	2:53:32	7:11	9	48:28	35	48:28	75.00	8:28:30	6:46	16		43	2:23:42
Fröttstädt	24.83	3:05:28	7:28	10	1:00:40	38	1:13:43	100.00	11:33:58	6:56	11	3:24:22	46	4:16:13