



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Schmidt, Ralf

Club: DAV Coburg  
Number: 141

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M40

Total time: 11:39:16

Speed: 8.58 km/h  
Running performance: 6:59 min/km

Rank in course/Total: 47 (of 187)

Rank in course/Men: 44 (of 163)

Best time in course: 8:09:36

Rank in category: 12(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	2:50:03	7:05	17	55:26	90	55:26	23.96	2:50:03	7:05	17		48	35:47
Floh-Seligenthal	26.92	2:59:17	6:39	18	56:03	71	56:03	50.88	5:49:20	6:51	17		48	23:20
Finsterbergen	24.12	2:55:55	7:17	11	50:51	39	50:51	75.00	8:45:15	7:00	15		45	2:40:27
Fröttstädt	24.83	2:54:01	7:00	7	49:13	24	1:02:16	100.00	11:39:16	6:59	12	3:29:40	48	4:21:31