



### 3. Thüringen ULTRA

Fröttstädt / 04.07.2009

#### Detailed evaluation

**Reich, Uwe**

Club: Polizeidirektion OL-NSL  
Number: 71

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 11:40:33

Speed: 8.56 km/h  
Running performance: 7:01 min/km

Rank in course/Total: 49 (of 187)

Rank in course/Men: 46 (of 163)

Best time in course: 8:09:36

Rank in category: 6(of 29)

Best time in the category: 10:43:56

#### 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	2:30:25	6:16	5	16:07	40	35:48	23.96	2:30:25	6:16	25		50	16:09
Floh-Seligenthal	26.92	2:58:00	6:36	9	24:04	62	54:46	50.88	5:28:25	6:27	25		50	2:25
Finsterbergen	24.12	2:58:40	7:24	4	9:00	46	53:36	75.00	8:27:05	6:45	25		47	2:22:17
Fröttstädt	24.83	3:13:28	7:47	10	30:38	53	1:21:43	100.00	11:40:33	7:00	6	56:37	50	4:22:48