



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 | 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 | 2:30:25 | 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 |