



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

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Club: LWF Leipzig  
Number: 101

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 11:44:54

Speed: 8.51 km/h  
Running performance: 7:03 min/km

Rank in course/Total: 51 (of 187)

Rank in course/Men: 48 (of 163)

Best time in course: 8:09:36

Rank in category: 15(of 45)

Best time in the category: 8:43:30

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	2:31:33	6:19	14	33:00	43	36:56	23.96	2:31:33	6:19	40		52	17:17
Floh-Seligenthal	26.92	2:50:47	6:20	18	36:52	51	47:33	50.88	5:22:20	6:20	40		52	
Finsterbergen	24.12	3:03:59	7:37	20	52:10	59	58:55	75.00	8:26:19	6:45	37		49	2:21:31
Fröttstädt	24.83	3:18:35	7:59	18	1:04:17	65	1:26:50	100.00	11:44:54	7:02	16	3:01:24	52	4:27:09