



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

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Club: LTV Erfurt
Number: 96

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 11:45:38

Speed: 8.50 km/h
Running performance: 7:04 min/km

Rank in course/Total: 52 (of 187)

Rank in course/Men: 49 (of 163)

Best time in course: 8:09:36

Rank in category: 16(of 45)

Best time in the category: 8:43:30

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	2:38:04	6:35	16	39:31	59	43:27	23.96	2:38:04	6:35	41		53	23:48
Floh-Seligenthal	26.92	2:42:58	6:03	11	29:03	30	39:44	50.88	5:21:02	6:18	41		53	
Finsterbergen	24.12	2:45:12	6:50	10	33:23	21	40:08	75.00	8:06:14	6:28	38		50	2:01:26
Fröttstädt	24.83	3:39:24	8:50	29	1:25:06	102	1:47:39	100.00	11:45:38	7:03	17	3:02:08	53	4:27:53