



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Hardenack, Frank

Club: Neuenkleusheim  
Number: 1

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M30

Rank in course/Total: DSQ (of 187)

Rank in course/Men: DSQ (of 163)

Best time in course: 8:09:36

Rank in category: DSQ(of 8)

Best time in the category: -

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	1:55:37	4:49	1	-	2	1:00	23.96	1:55:37	4:49	1	-	5	
Floh-Seligenthal	26.92	2:06:11	4:41	1	-	2	2:57	50.88	4:01:48	4:45	1	-	5	
Finsterbergen	24.12	fehlt!	-	-	-	-	-	75.00	-	-	-	-	-	-
Fröttstädt	24.83	4:51:56	11:45	7	2:25:58	149	3:00:11	100.00	-	-	-	-	-	-