



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 | - | - | - | - | - | - |