



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Ruf, Oliver

Club: VFR Hausen
Number: 204

Course: 100.00 km
Thüringen Ultra

Category:
Männer M35

Total time: 11:46:36

Speed: 8.49 km/h
Running performance: 7:04 min/km

Rank in course/Total: 53 (of 187)

Rank in course/Men: 50 (of 163)

Best time in course: 8:09:36

Rank in category: 9(of 19)

Best time in the category: 9:20:18

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	2:36:02	6:30	10	31:07	53	41:25	23.96	2:36:02	6:30	11		56	21:46
Floh-Seligenthal	26.92	2:56:59	6:34	9	33:48	60	53:45	50.88	5:33:01	6:32	11		56	7:01
Finsterbergen	24.12	2:58:49	7:24	8	36:00	47	53:45	75.00	8:31:50	6:49	11		51	2:27:02
Fröttstädt	24.83	3:14:46	7:50	9	51:23	56	1:23:01	100.00	11:46:36	7:03	10	4:16:59	54	4:28:51