



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Urlaub, Martin

Club: Endorphinjunkies.de Dortmund  
Number: 17

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M35

Total time: 11:51:29

Speed: 8.43 km/h  
Running performance: 7:07 min/km

Rank in course/Total: 55 (of 187)

Rank in course/Men: 51 (of 163)

Best time in course: 8:09:36

Rank in category: 10(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	2:43:29	6:49	13	38:34	72	48:52	23.96	2:43:29	6:49	1	-	58	29:13
Floh-Seligenthal	26.92	3:07:45	6:58	13	44:34	87	1:04:31	50.88	5:51:14	6:54	1	-	58	25:14
Finsterbergen	24.12	2:54:08	7:13	6	31:19	37	49:04	75.00	8:45:22	7:00	1	-	53	2:40:34
Fröttstädt	24.83	3:06:07	7:29	8	42:44	42	1:14:22	100.00	11:51:29	7:06	11	4:21:52	55	4:33:44