



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Teinert, Michael

Club: Lauflin Team Göttingen
Number: 157

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 11:55:15

Speed: 8.39 km/h
Running performance: 7:09 min/km

Rank in course/Total: 56 (of 187)

Rank in course/Men: 52 (of 163)

Best time in course: 8:09:36

Rank in category: 13(of 27)

Best time in the category: 8:09:36

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	2:52:22	7:11	19	57:45	96	57:45	23.96	2:52:22	7:11	1	-	59	38:06
Floh-Seligenthal	26.92	2:58:40	6:38	16	55:26	65	55:26	50.88	5:51:02	6:53	1	-	59	25:02
Finsterbergen	24.12	3:00:19	7:28	12	55:15	52	55:15	75.00	8:51:21	7:05	1	-	54	2:46:33
Fröttstädt	24.83	3:03:54	7:24	9	59:06	36	1:12:09	100.00	11:55:15	7:09	13	3:45:39	56	4:37:30