



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Steinhorst, Rainer

Club: ASC Weißbachtal
Number: 114

Course: 100.00 km
Thüringen Ultra

Category:
Männer M50

Total time: 11:55:45

Speed: 8.38 km/h
Running performance: 7:10 min/km

Rank in course/Total: 57 (of 187)

Rank in course/Men: 53 (of 163)

Best time in course: 8:09:36

Rank in category: 7(of 29)

Best time in the category: 10:43:56

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	2:30:45	6:17	6	16:27	41	36:08	23.96	2:30:45	6:17	24		60	16:29
Floh-Seligenthal	26.92	2:48:01	6:14	5	14:05	40	44:47	50.88	5:18:46	6:15	24		60	
Finsterbergen	24.12	3:15:42	8:06	13	26:02	73	1:10:38	75.00	8:34:28	6:51	24		55	2:29:40
Fröttstädt	24.83	3:21:17	8:06	12	38:27	68	1:29:32	100.00	11:55:45	7:09	7	1:11:49	57	4:38:00