



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Kaden, Matthias

Club: Potsdam  
Number: 139

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 11:58:46

Speed: 8.35 km/h  
Running performance: 7:11 min/km

Rank in course/Total: 58 (of 187)

Rank in course/Men: 54 (of 163)

Best time in course: 8:09:36

Rank in category: 17(of 45)

Best time in the category: 8:43:30

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:28:40	6:12	13	30:07	36	34:03	23.96	2:28:40	6:12	43		61	14:24
Floh-Seligenthal	26.92	2:51:41	6:22	19	37:46	53	48:27	50.88	5:20:21	6:17	43		61	
Finsterbergen	24.12	3:06:55	7:44	22	55:06	63	1:01:51	75.00	8:27:16	6:45	39		56	2:22:28
Fröttstädt	24.83	3:31:30	8:31	25	1:17:12	80	1:39:45	100.00	11:58:46	7:11	18	3:15:16	58	4:41:01