



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Besier, Michael

Club: Heidenroder Lauftreff
Number: 51

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 12:03:06

Speed: 8.30 km/h
Running performance: 7:14 min/km

Rank in course/Total: 59 (of 187)

Rank in course/Men: 55 (of 163)

Best time in course: 8:09:36

Rank in category: 18(of 45)

Best time in the category: 8:43:30

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	2:45:34	6:54	23	47:01	76	50:57	23.96	2:45:34	6:54	44		62	31:18
Floh-Seligenthal	26.92	2:59:13	6:39	20	45:18	70	55:59	50.88	5:44:47	6:46	44		62	18:47
Finsterbergen	24.12	3:02:52	7:34	19	51:03	56	57:48	75.00	8:47:39	7:02	40		57	2:42:51
Fröttstädt	24.83	3:15:27	7:52	16	1:01:09	58	1:23:42	100.00	12:03:06	7:13	19	3:19:36	59	4:45:21