



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Schurna, Udo

Club: LT Haumannplatz Essen  
Number: 21

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 12:09:58

Speed: 8.22 km/h  
Running performance: 7:18 min/km

Rank in course/Total: 62 (of 187)

Rank in course/Men: 58 (of 163)

Best time in course: 8:09:36

Rank in category: 8(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	2:45:40	6:54	11	31:22	77	51:03	23.96	2:45:40	6:54	23		65	31:24
Floh-Seligenthal	26.92	3:02:43	6:47	11	28:47	76	59:29	50.88	5:48:23	6:50	23		65	22:23
Finsterbergen	24.12	3:09:39	7:51	10	19:59	66	1:04:35	75.00	8:58:02	7:10	23		60	2:53:14
Fröttstädt	24.83	3:11:56	7:43	8	29:06	51	1:20:11	100.00	12:09:58	7:17	8	1:26:02	62	4:52:13