



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

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Club: Altklosteraner
Number: 50

Course: 100.00 km
Thüringen Ultra

Category:
Männer M50

Total time: 12:18:33

Speed: 8.12 km/h
Running performance: 7:23 min/km

Rank in course/Total: 65 (of 187)

Rank in course/Men: 61 (of 163)

Best time in course: 8:09:36

Rank in category: 9(of 29)

Best time in the category: 10:43:56

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	2:46:29	6:56	13	32:11	80	51:52	23.96	2:46:29	6:56	22		68	32:13
Floh-Seligenthal	26.92	2:51:35	6:22	7	17:39	52	48:21	50.88	5:38:04	6:38	22		68	12:04
Finsterbergen	24.12	3:02:40	7:34	6	13:00	55	57:36	75.00	8:40:44	6:56	22		63	2:35:56
Fröttstädt	24.83	3:37:49	8:46	18	54:59	98	1:46:04	100.00	12:18:33	7:23	9	1:34:37	65	5:00:48