



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Hentsch, Dr. Torsten

Club: SV Hermsdorf
Number: 55

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 12:18:50

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

Rank in course/Total: 66 (of 187)

Rank in course/Men: 62 (of 163)

Best time in course: 8:09:36

Rank in category: 16(of 27)

Best time in the category: 8:09:36

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	2:30:22	6:16	11	35:45	39	35:45	23.96	2:30:22	6:16	12		69	16:06
Floh-Seligenthal	26.92	2:58:05	6:36	14	54:51	63	54:51	50.88	5:28:27	6:27	12		69	2:27
Finsterbergen	24.12	3:18:23	8:13	17	1:13:19	78	1:13:19	75.00	8:46:50	7:01	11		64	2:42:02
Fröttstädt	24.83	3:32:00	8:32	16	1:27:12	81	1:40:15	100.00	12:18:50	7:23	16	4:09:14	66	5:01:05