



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

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Club: Hohenkammer
Number: 82

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 12:21:08

Speed: 8.10 km/h
Running performance: 7:25 min/km

Rank in course/Total: 69 (of 187)

Rank in course/Men: 65 (of 163)

Best time in course: 8:09:36

Rank in category: 17(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	2:24:11	6:01	7	29:34	28	29:34	23.96	2:24:11	6:01	11		72	9:55
Floh-Seligenthal	26.92	2:58:43	6:38	17	55:29	66	55:29	50.88	5:22:54	6:20	11		72	
Finsterbergen	24.12	3:20:24	8:18	18	1:15:20	80	1:15:20	75.00	8:43:18	6:58	10		67	2:38:30
Fröttstädt	24.83	3:37:50	8:46	20	1:33:02	99	1:46:05	100.00	12:21:08	7:24	17	4:11:32	69	5:03:23