



### 3. Thüringen ULTRA

Fröttstädt / 04.07.2009

#### Detailed evaluation

#### Scheida, Guntram

Club: Borna  
Number: 198

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 12:22:47

Speed: 8.08 km/h  
Running performance: 7:26 min/km

Rank in course/Total: 71 (of 187)

Rank in course/Men: 67 (of 163)

Best time in course: 8:09:36

Rank in category: 20(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	3:05:05	7:43	38	1:06:32	135	1:10:28	23.96	3:05:05	7:43	13	4:00	74	50:49
Floh-Seligenthal	26.92	3:03:32	6:49	23	49:37	78	1:00:18	50.88	6:08:37	7:14	13		74	42:37
Finsterbergen	24.12	2:57:53	7:22	16	46:04	43	52:49	75.00	9:06:30	7:17	42		65	3:01:42
Fröttstädt	24.83	3:16:17	7:54	17	1:01:59	61	1:24:32	100.00	12:22:47	7:25	21	3:39:17	71	5:05:02