



### 3. Thüringen ULTRA

Fröttstädt / 04.07.2009

#### Detailed evaluation

**Kuste, Siegmär**

Club: Laufteam Donautal Austria  
Number: 52

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M55

Total time: 12:24:19

Speed: 8.06 km/h  
Running performance: 7:26 min/km

Rank in course/Total: 72 (of 187)

Rank in course/Men: 68 (of 163)

Best time in course: 8:09:36

Rank in category: 4(of 15)

Best time in the category: 10:31:08

#### 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	2:42:12	6:46	4	10:00	70	47:35	23.96	2:42:12	6:46	4	10:00	75	27:56
Floh-Seligenthal	26.92	2:55:34	6:31	3	7:49	57	52:20	50.88	5:37:46	6:38	4	17:49	75	11:46
Finsterbergen	24.12	3:11:33	7:56	4	39:48	67	1:06:29	75.00	8:49:19	7:03	4	57:37	70	2:44:31
Fröttstädt	24.83	3:35:00	8:39	10	55:34	87	1:43:15	100.00	12:24:19	7:26	4	1:53:11	72	5:06:34