



### 3. Thüringen ULTRA

Fröttstädt / 04.07.2009

#### Detailed evaluation

**Coors, Manfred**

Club: SC Melle 03

Number: 152

Course: 100.00 km

Thüringen Ultra

Category:

Männer M65

Total time: 12:28:18

Speed: 8.02 km/h

Running performance: 7:29 min/km

Rank in course/Total: 75 (of 187)

Rank in course/Men: 71 (of 163)

Best time in course: 8:09:36

Rank in category: 1(of 3)

Best time in the category: 12:28:18

#### 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	2:46:43	6:57	1	-	82	52:06	23.96	2:46:43	6:57	1	-	78	32:27
Floh-Seligenthal	26.92	3:00:53	6:43	1	-	75	57:39	50.88	5:47:36	6:49	1	-	78	21:36
Finsterbergen	24.12	3:21:05	8:20	2	3:22	82	1:16:01	75.00	9:08:41	7:18	1	-	73	3:03:53
Fröttstädt	24.83	3:19:37	8:02	1	-	67	1:27:52	100.00	12:28:18	7:28	1	-	75	5:10:33