



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Zimmermann, Walter

Club: LG Würzburg  
Number: 150

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M55

Total time: 12:29:26

Speed: 8.01 km/h  
Running performance: 7:29 min/km

Rank in course/Total: 76 (of 187)

Rank in course/Men: 72 (of 163)

Best time in course: 8:09:36

Rank in category: 6(of 15)

Best time in the category: 10:31:08

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Ruhlaer Skihütte	23.96	2:58:19	7:26	9	26:07	111	1:03:42	23.96	2:58:19	7:26	6	26:07	79	44:03
Floh-Seligenthal	26.92	3:11:49	7:07	8	24:04	94	1:08:35	50.88	6:10:08	7:16	6	50:11	79	44:08
Finsterbergen	24.12	3:03:40	7:36	3	31:55	58	58:36	75.00	9:13:48	7:23	6	1:22:06	74	3:09:00
Fröttstädt	24.83	3:15:38	7:52	3	36:12	60	1:23:53	100.00	12:29:26	7:29	6	1:58:18	76	5:11:41