



3. Thüringen ULTRA

Fröttstädt / 04.07.2009

Detailed evaluation

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Club: WKB META Lubliniec
Number: 105

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 12:36:04

Speed: 7.94 km/h
Running performance: 7:34 min/km

Rank in course/Total: 78 (of 187)

Rank in course/Men: 74 (of 163)

Best time in course: 8:09:36

Rank in category: 21(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	3:02:15	7:36	35	1:03:42	128	1:07:38	23.96	3:02:15	7:36	2	1:10	81	47:59
Floh-Seligenthal	26.92	3:13:18	7:10	29	59:23	99	1:10:04	50.88	6:15:33	7:22	2		81	49:33
Finsterbergen	24.12	3:05:13	7:40	21	53:24	61	1:00:09	75.00	9:20:46	7:28	12		76	3:15:58
Fröttstädt	24.83	3:15:18	7:51	15	1:01:00	57	1:23:33	100.00	12:36:04	7:33	22	3:52:34	78	5:18:19