



3. Thüringen ULTRA

Fröttstädt / 04.07.2009

Detailed evaluation

Musil, Ronald

Club: ZKB Running Team
Number: 16

Course: 100.00 km
Thüringen Ultra

Category:
Männer M50

Total time: 12:36:48

Speed: 7.93 km/h
Running performance: 7:34 min/km

Rank in course/Total: 79 (of 187)

Rank in course/Men: 75 (of 163)

Best time in course: 8:09:36

Rank in category: 12(of 29)

Best time in the category: 10:43:56

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	2:41:00	6:43	10	26:42	67	46:23	23.96	2:41:00	6:43	19		82	26:44
Floh-Seligenthal	26.92	2:56:53	6:34	8	22:57	59	53:39	50.88	5:37:53	6:38	19		82	11:53
Finsterbergen	24.12	3:23:13	8:25	17	33:33	88	1:18:09	75.00	9:01:06	7:12	19		77	2:56:18
Fröttstädt	24.83	3:35:42	8:41	16	52:52	91	1:43:57	100.00	12:36:48	7:34	12	1:52:52	79	5:19:03