



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Ebbert, Norbert

Club: LT Sinosports Edertal
Number: 136

Course: 100.00 km
Thüringen Ultra

Category:
Männer M50

Total time: 12:38:11

Speed: 7.91 km/h
Running performance: 7:35 min/km

Rank in course/Total: 81 (of 187)

Rank in course/Men: 77 (of 163)

Best time in course: 8:09:36

Rank in category: 14(of 29)

Best time in the category: 10:43:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:57:06	7:23	20	42:48	107	1:02:29	23.96	2:57:06	7:23	17	10:32	84	42:50
Floh-Seligenthal	26.92	2:58:49	6:38	10	24:53	67	55:35	50.88	5:55:55	6:59	17	1:56	84	29:55
Finsterbergen	24.12	3:30:26	8:43	20	40:46	104	1:25:22	75.00	9:26:21	7:33	17	17:37	79	3:21:33
Fröttstädt	24.83	3:11:50	7:43	7	29:00	50	1:20:05	100.00	12:38:11	7:34	14	1:54:15	81	5:20:26