



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Vinzelberg, Dirk

Club: LG Roland Haldensleben
Number: 28

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 9:09:56

Speed: 10.91 km/h
Running performance: 5:30 min/km

Rank in course/Total: 4 (of 187)

Rank in course/Men: 4 (of 163)

Best time in course: 8:09:36

Rank in category: 2(of 45)

Best time in the category: 8:43:30

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	1:59:20	4:58	2	0:47	5	4:43	23.96	1:59:20	4:58	27		8	
Floh-Seligenthal	26.92	2:20:10	5:12	2	6:15	6	16:56	50.88	4:19:30	5:06	27		8	
Finsterbergen	24.12	2:33:39	6:22	5	21:50	12	28:35	75.00	6:53:09	5:30	24		5	48:21
Fröttstädt	24.83	2:16:47	5:30	2	2:29	4	25:02	100.00	9:09:56	5:29	3	26:26	8	1:52:11