



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Rottmann, Rainer

Club: Freaky Friday Runners Bamberg
Number: 206

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 12:38:12

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

Rank in course/Total: 82 (of 187)

Rank in course/Men: 78 (of 163)

Best time in course: 8:09:36

Rank in category: 19(of 27)

Best time in the category: 8:09:36

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	2:59:19	7:29	22	1:04:42	115	1:04:42	23.96	2:59:19	7:29	9	6:57	85	45:03
Floh-Seligenthal	26.92	2:56:22	6:33	13	53:08	58	53:08	50.88	5:55:41	6:59	9	4:39	85	29:41
Finsterbergen	24.12	3:30:44	8:44	20	1:25:40	107	1:25:40	75.00	9:26:25	7:33	8	35:04	80	3:21:37
Fröttstädt	24.83	3:11:47	7:43	12	1:06:59	49	1:20:02	100.00	12:38:12	7:34	19	4:28:36	82	5:20:27