



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Hall, Dwight

Club: Ehningen
Number: 39

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 12:38:57

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

Rank in course/Total: 83 (of 187)

Rank in course/Men: 79 (of 163)

Best time in course: 8:09:36

Rank in category: 22(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.	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	2:46:01	6:55	24	47:28	79	51:24	23.96	2:46:01	6:55	3		86	31:45
Floh-Seligenthal	26.92	3:00:44	6:42	22	46:49	74	57:30	50.88	5:46:45	6:48	3		86	20:45
Finsterbergen	24.12	3:24:25	8:28	26	1:12:36	91	1:19:21	75.00	9:11:10	7:20	2		81	3:06:22
Fröttstädt	24.83	3:27:47	8:22	24	1:13:29	76	1:36:02	100.00	12:38:57	7:35	23	3:55:27	83	5:21:12