



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Schalle, Rainer

Club: Laufteam Rügen
Number: 88

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 12:40:22

Speed: 7.89 km/h
Running performance: 7:36 min/km

Rank in course/Total: 85 (of 187)

Rank in course/Men: 81 (of 163)

Best time in course: 8:09:36

Rank in category: 20(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	2:35:57	6:30	14	41:20	52	41:20	23.96	2:35:57	6:30	8		88	21:41
Floh-Seligenthal	26.92	3:04:45	6:51	20	1:01:31	81	1:01:31	50.88	5:40:42	6:41	8		88	14:42
Finsterbergen	24.12	3:24:12	8:27	19	1:19:08	90	1:19:08	75.00	9:04:54	7:15	7	13:33	83	3:00:06
Fröttstädt	24.83	3:35:28	8:40	18	1:30:40	90	1:43:43	100.00	12:40:22	7:36	20	4:30:46	85	5:22:37