



3. Thüringen ULTRA

Fröttstädt / 04.07.2009

Detailed evaluation

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Club: Endorphinjunkies.de Dortmund
Number: 26

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 12:45:11

Speed: 7.84 km/h
Running performance: 7:39 min/km

Rank in course/Total: 88 (of 187)

Rank in course/Men: 82 (of 163)

Best time in course: 8:09:36

Rank in category: 23(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	2:43:31	6:49	22	44:58	73	48:54	23.96	2:43:31	6:49	4			89	29:15
Floh-Seligenthal	26.92	3:12:30	7:09	27	58:35	95	1:09:16	50.88	5:56:01	6:59	4			89	30:01
Finsterbergen	24.12	3:27:06	8:35	28	1:15:17	96	1:22:02	75.00	9:23:07	7:30	3			84	3:18:19
Fröttstädt	24.83	3:22:04	8:08	20	1:07:46	70	1:30:19	100.00	12:45:11	7:39	24	4:01:41		86	5:27:26