



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Roth, Wolfgang

Club: Mühltaalverein  
Number: 69

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 12:45:18

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

Rank in course/Total: 89 (of 187)

Rank in course/Men: 83 (of 163)

Best time in course: 8:09:36

Rank in category: 15(of 29)

Best time in the category: 10:43:56

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:46:34	6:57	14	32:16	81	51:57	23.96	2:46:34	6:57	1	-	90	32:18
Floh-Seligenthal	26.92	3:07:25	6:57	14	33:29	86	1:04:11	50.88	5:53:59	6:57	1	-	90	27:59
Finsterbergen	24.12	3:14:45	8:04	12	25:05	70	1:09:41	75.00	9:08:44	7:18	1	-	85	3:03:56
Fröttstädt	24.83	3:36:34	8:43	17	53:44	93	1:44:49	100.00	12:45:18	7:39	15	2:01:22	87	5:27:33