



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Piskorski, Bernd

Club: LWG Lausitzer Wasser
Number: 134

Course: 100.00 km
Thüringen Ultra

Category:
Männer M35

Total time: 13:16:08

Speed: 7.54 km/h
Running performance: 7:58 min/km

Rank in course/Total: 111 (of 187)

Rank in course/Men: 100 (of 163)

Best time in course: 8:09:36

Rank in category: 14(of 19)

Best time in the category: 9:20:18

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	2:52:41	7:12	14	47:46	97	58:04	23.96	2:52:41	7:12	6	9:12	107	38:25
Floh-Seligenthal	26.92	3:14:45	7:14	14	51:34	103	1:11:31	50.88	6:07:26	7:13	6	16:12	107	41:26
Finsterbergen	24.12	3:25:08	8:30	10	1:02:19	93	1:20:04	75.00	9:32:34	7:38	6	47:12	102	3:27:46
Fröttstädt	24.83	3:43:34	9:00	13	1:20:11	106	1:51:49	100.00	13:16:08	7:57	15	5:46:31	103	5:58:23