



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Flock, Peter

Club: Gebesee
Number: 99

Course: 100.00 km
Thüringen Ultra

Category:
Männer M35

Total time: 9:20:18

Speed: 10.71 km/h
Running performance: 5:36 min/km

Rank in course/Total: 7 (of 187)

Rank in course/Men: 7 (of 163)

Best time in course: 8:09:36

Rank in category: 1(of 19)

Best time in the category: 9:20:18

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	2:10:55	5:27	2	6:00	13	16:18	23.96	2:10:55	5:27	10		11	
Floh-Seligenthal	26.92	2:23:11	5:19	1	-	9	19:57	50.88	4:34:06	5:23	10		11	
Finsterbergen	24.12	2:22:49	5:55	1	-	6	17:45	75.00	6:56:55	5:33	10		8	52:07
Fröttstädt	24.83	2:23:23	5:46	1	-	7	31:38	100.00	9:20:18	5:36	2	1:50:41	11	2:02:33