



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Göbel, Mathias

Club: WASPO Triathleten
Number: 199

Course: 100.00 km
Thüringen Ultra

Category:
Männer M20

Total time: 13:32:02

Speed: 7.39 km/h
Running performance: 8:07 min/km

Rank in course/Total: 119 (of 187)

Rank in course/Men: 107 (of 163)

Best time in course: 8:09:36

Rank in category: 4(of 8)

Best time in the category: 9:37:24

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	2:59:45	7:30	6	56:18	117	1:05:08	23.96	2:59:45	7:30	5	45:29	114	45:29
Floh-Seligenthal	26.92	3:41:25	8:13	6	1:20:12	140	1:38:11	50.88	6:41:10	7:53	5	1:15:10	114	1:15:10
Finsterbergen	24.12	3:18:49	8:14	3	49:58	79	1:13:45	75.00	9:59:59	7:59	4	3:06:28	109	3:55:11
Fröttstädt	24.83	3:32:03	8:32	4	1:40:18	82	1:40:18	100.00	13:32:02	8:07	5	6:14:17	111	6:14:17