



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Gehrken, Peter

Club: Hamburg  
Number: 176

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 14:04:41

Speed: 7.10 km/h  
Running performance: 8:27 min/km

Rank in course/Total: 134 (of 187)

Rank in course/Men: 120 (of 163)

Best time in course: 8:09:36

Rank in category: 34(of 45)

Best time in the category: 8:43:30

Intermediate times

Stage score

Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Ruhlaer Skihütte | 23.96       | 2:57:18       | 7:23            | 31          | 58:45          | 110         | 1:02:41       | 23.96         | 2:57:18       | 7:23            | 15          |                | 127        | 43:02         |
| Floh-Seligenthal | 26.92       | 3:15:58       | 7:16            | 32          | 1:02:03        | 108         | 1:12:44       | 50.88         | 6:13:16       | 7:20            | 15          |                | 127        | 47:16         |
| Finsterbergen    | 24.12       | 4:02:40       | 10:03           | 37          | 1:50:51        | 131         | 1:57:36       | 75.00         | 10:15:56      | 8:12            | 14          | 0:42           | 122        | 4:11:08       |
| Fröttstädt       | 24.83       | 3:48:45       | 9:12            | 34          | 1:34:27        | 114         | 1:57:00       | 100.00        | 14:04:41      | 8:26            | 35          | 5:21:11        | 124        | 6:46:56       |