



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 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	2:57:18	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