



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Grebitus, Rainer

Club: Wedemark
Number: 36

Course: 100.00 km
Thüringen Ultra

Category:
Männer M60

Total time: 14:10:21

Speed: 7.06 km/h
Running performance: 8:30 min/km

Rank in course/Total: 139 (of 187)

Rank in course/Men: 124 (of 163)

Best time in course: 8:09:36

Rank in category: 4(of 7)

Best time in the category: 11:14:21

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 | 2:56:59 | 7:23 | 3 | 24:00 | 106 | 1:02:22 | 23.96 | 2:56:59 | 7:23 | 4 | 24:00 | 131 | 42:43 |
| Floh-Seligenthal | 26.92 | 3:17:03 | 7:19 | 3 | 26:56 | 112 | 1:13:49 | 50.88 | 6:14:02 | 7:21 | 4 | 50:56 | 131 | 48:02 |
| Finsterbergen | 24.12 | 3:39:36 | 9:06 | 4 | 48:36 | 119 | 1:34:32 | 75.00 | 9:53:38 | 7:54 | 4 | 1:39:32 | 126 | 3:48:50 |
| Fröttstädt | 24.83 | 4:16:43 | 10:20 | 6 | 1:16:28 | 135 | 2:24:58 | 100.00 | 14:10:21 | 8:30 | 4 | 2:56:00 | 128 | 6:52:36 |