



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Gerhardt, Thomas

Club: Laufenselden
Number: 57

Course: 100.00 km
Thüringen Ultra

Category:
Männer M35

Total time: 15:14:33

Speed: 6.56 km/h
Running performance: 9:09 min/km

Rank in course/Total: 150 (of 187)

Rank in course/Men: 131 (of 163)

Best time in course: 8:09:36

Rank in category: 16(of 19)

Best time in the category: 9:20:18

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	3:27:41	8:40	17	1:22:46	155	1:33:04	23.96	3:27:41	8:40	4	44:12	138	1:13:25
Floh-Seligenthal	26.92	4:03:22	9:02	16	1:40:11	152	2:00:08	50.88	7:31:03	8:51	4	1:39:49	138	2:05:03
Finsterbergen	24.12	4:12:11	10:27	16	1:49:22	139	2:07:07	75.00	11:43:14	9:22	4	2:57:52	133	5:38:26
Fröttstädt	24.83	3:31:19	8:30	11	1:07:56	79	1:39:34	100.00	15:14:33	9:08	17	7:44:56	134	7:56:48