



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Goll, Bernhard

Club: SV Klettbach  
Number: 189

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M60

Total time: 15:29:24

Speed: 6.46 km/h  
Running performance: 9:17 min/km

Rank in course/Total: 153 (of 187)

Rank in course/Men: 134 (of 163)

Best time in course: 8:09:36

Rank in category: 6(of 7)

Best time in the category: 11:14:21

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Ruhlaer Skihütte	23.96	3:04:00	7:40	5	31:01	132	1:09:23	23.96	3:04:00	7:40	6	31:01	141	49:44
Floh-Seligenthal	26.92	3:38:22	8:06	5	48:15	137	1:35:08	50.88	6:42:22	7:54	6	1:19:16	141	1:16:22
Finsterbergen	24.12	3:53:20	9:40	5	1:02:20	127	1:48:16	75.00	10:35:42	8:28	6	2:21:36	136	4:30:54
Fröttstädt	24.83	4:53:42	11:49	7	1:53:27	150	3:01:57	100.00	15:29:24	9:17	6	4:15:03	138	8:11:39