



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Rott, Günther

Club: DAV München  
Number: 153

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 15:56:19

Speed: 6.27 km/h  
Running performance: 9:34 min/km

Rank in course/Total: 162 (of 187)

Rank in course/Men: 142 (of 163)

Best time in course: 8:09:36

Rank in category: 39(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	3:07:47	7:50	39	1:09:14	140	1:13:10	23.96	3:07:47	7:50	20	6:42	149	53:31
Floh-Seligenthal	26.92	3:49:28	8:31	40	1:35:33	145	1:46:14	50.88	6:57:15	8:12	20	20:00	149	1:31:15
Finsterbergen	24.12	4:13:03	10:29	39	2:01:14	140	2:07:59	75.00	11:10:18	8:56	19	55:04	144	5:05:30
Fröttstädt	24.83	4:46:01	11:31	41	2:31:43	147	2:54:16	100.00	15:56:19	9:33	40	7:12:49	146	8:38:34