



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Eisner, Gerhard

Club: LG Schefflenztal
Number: 34

Course: 100.00 km
Thüringen Ultra

Category:
Männer M35

Total time: 16:50:28

Speed: 5.94 km/h
Running performance: 10:06 min/km

Rank in course/Total: 170 (of 187)

Rank in course/Men: 149 (of 163)

Best time in course: 8:09:36

Rank in category: 18(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Ruhlaer Skihütte	23.96	2:58:44	7:27	16	53:49	112	1:04:07	23.96	2:58:44	7:27	2	15:15	156	44:28				
Floh-Seligenthal	26.92	4:13:26	9:24	18	1:50:15	158	2:10:12	50.88	7:12:10	8:29	2	1:20:56	156	1:46:10				
Finsterbergen	24.12	4:26:01	11:01	17	2:03:12	147	2:20:57	75.00	11:38:11	9:18	2	2:52:49	151	5:33:23				
Fröttstädt	24.83	5:12:17	12:34	18	2:48:54	154	3:20:32	100.00	16:50:28	10:06	19	9:20:51	152	9:32:43				