



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Pisalski, Peter

Club: Moers  
Number: 124

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 17:16:05

Speed: 5.79 km/h  
Running performance: 10:22 min/km

Rank in course/Total: 173 (of 187)

Rank in course/Men: 150 (of 163)

Best time in course: 8:09:36

Rank in category: 40(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	3:15:44	8:10	43	1:17:11	148	1:21:07	23.96	3:15:44	8:10	21	14:39	157	1:01:28
Floh-Seligenthal	26.92	3:52:15	8:37	41	1:38:20	148	1:49:01	50.88	7:07:59	8:24	21	30:44	157	1:41:59
Finsterbergen	24.12	4:46:59	11:53	41	2:35:10	152	2:41:55	75.00	11:54:58	9:31	20	1:39:44	152	5:50:10
Fröttstädt	24.83	5:21:07	12:55	42	3:06:49	156	3:29:22	100.00	17:16:05	10:21	41	8:32:35	154	9:58:20