



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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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       |