



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Mensel, Gero

Club: ForumTeam
Number: 155

Course: 100.00 km
Thüringen Ultra

Category:
Männer M55

Total time: 18:06:41

Speed: 5.52 km/h
Running performance: 10:52 min/km

Rank in course/Total: 174 (of 187)

Rank in course/Men: 151 (of 163)

Best time in course: 8:09:36

Rank in category: 15(of 15)

Best time in the category: 10:31:08

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	3:40:18	9:11	15	1:08:06	162	1:45:41	23.96	3:40:18	9:11	15	1:08:06	159	1:26:02
Floh-Seligenthal	26.92	4:47:09	10:40	15	1:59:24	161	2:43:55	50.88	8:27:27	9:58	15	3:07:30	159	3:01:27
Finsterbergen	24.12	4:55:28	12:14	15	2:23:43	153	2:50:24	75.00	13:22:55	10:42	15	5:31:13	154	7:18:07
Fröttstädt	24.83	4:43:46	11:25	15	2:04:20	146	2:52:01	100.00	18:06:41	10:52	15	7:35:33	155	10:48:56