



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Gottschlich, Norbert

Club: Triathlon Jena e.v.
Number: 61

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 10:39:05

Speed: 9.39 km/h
Running performance: 6:23 min/km

Rank in course/Total: 20 (of 187)

Rank in course/Men: 19 (of 163)

Best time in course: 8:09:36

Rank in category: 8(of 45)

Best time in the category: 8:43:30

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	2:05:27	5:14	3	6:54	9	10:50	23.96	2:05:27	5:14	33		23	
Floh-Seligenthal	26.92	2:30:42	5:35	8	16:47	18	27:28	50.88	4:36:09	5:25	33		23	
Finsterbergen	24.12	2:43:50	6:47	9	32:01	19	38:46	75.00	7:19:59	5:51	30		20	1:15:11
Fröttstädt	24.83	3:19:06	8:01	19	1:04:48	66	1:27:21	100.00	10:39:05	6:23	9	1:55:35	23	3:21:20