



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Herget, Thomas

Club: LG Fulda  
Number: 156

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M40

Total time: 8:46:38

Speed: 11.39 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 3 (of 187)

Rank in course/Men: 3 (of 163)

Best time in course: 8:09:36

Rank in category: 2(of 27)

Best time in the category: 8:09:36

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	1:54:37	4:47	1	-	1	-	23.96	1:54:37	4:47	27		4	
Floh-Seligenthal	26.92	2:10:22	4:50	2	7:08	3	7:08	50.88	4:04:59	4:48	27		4	
Finsterbergen	24.12	2:20:52	5:50	3	15:48	5	15:48	75.00	6:25:51	5:08	25		3	21:03
Fröttstädt	24.83	2:20:47	5:40	2	15:59	5	29:02	100.00	8:46:38	5:15	2	37:02	5	1:28:53