



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Ehrlich, Volker

Club: Impuls Erfurt  
Number: 140

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 11:38:55

Speed: 8.58 km/h  
Running performance: 6:59 min/km

Rank in course/Total: 46 (of 187)

Rank in course/Men: 43 (of 163)

Best time in course: 8:09:36

Rank in category: 14(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	2:40:23	6:41	20	41:50	66	45:46	23.96	2:40:23	6:41	39		47	26:07
Floh-Seligenthal	26.92	2:48:40	6:15	16	34:45	43	45:26	50.88	5:29:03	6:28	39		47	3:03
Finsterbergen	24.12	2:58:15	7:23	17	46:26	45	53:11	75.00	8:27:18	6:45	36		44	2:22:30
Fröttstädt	24.83	3:11:37	7:43	14	57:19	48	1:19:52	100.00	11:38:55	6:59	15	2:55:25	47	4:21:10