



3. Thüringen ULTRA

Fröttstädt / 04.07.2009

Detailed evaluation

Müller, Gerd

Club: FSV 1950 Gotha
Number: 8

Course: 100.00 km
Thüringen Ultra

Category:
Männer M60

Total time: 11:43:30

Speed: 8.53 km/h
Running performance: 7:02 min/km

Rank in course/Total: 50 (of 187)

Rank in course/Men: 47 (of 163)

Best time in course: 8:09:36

Rank in category: 2(of 7)

Best time in the category: 11:14:21

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	2:37:24	6:34	2	4:25	55	42:47	23.96	2:37:24	6:34	2	4:25	51	23:08
Floh-Seligenthal	26.92	2:54:57	6:29	2	4:50	54	51:43	50.88	5:32:21	6:31	2	9:15	51	6:21
Finsterbergen	24.12	3:01:18	7:30	2	10:18	54	56:14	75.00	8:33:39	6:50	2	19:33	48	2:28:51
Fröttstädt	24.83	3:09:51	7:38	2	9:36	46	1:18:06	100.00	11:43:30	7:02	2	29:09	51	4:25:45