



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Goerge, Stefan

Club: Lauffreunde Gotha
Number: 100

Course: 100.00 km
Thüringen Ultra

Category:
Männer M40

Total time: 12:05:58

Speed: 8.26 km/h
Running performance: 7:16 min/km

Rank in course/Total: 60 (of 187)

Rank in course/Men: 56 (of 163)

Best time in course: 8:09:36

Rank in category: 14(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	2:44:31	6:51	16	49:54	74	49:54	23.96	2:44:31	6:51	14		63	30:15
Floh-Seligenthal	26.92	3:03:09	6:48	19	59:55	77	59:55	50.88	5:47:40	6:49	14		63	21:40
Finsterbergen	24.12	3:00:32	7:29	13	55:28	53	55:28	75.00	8:48:12	7:02	13		58	2:43:24
Fröttstädt	24.83	3:17:46	7:57	13	1:12:58	62	1:26:01	100.00	12:05:58	7:15	14	3:56:22	60	4:48:13