



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Rothe, Gunter

Club: Lauffeuer Fröttstädt
Number: 111

Course: 100.00 km
Thüringen Ultra

Category:
Männer M45

Total time: 12:11:25

Speed: 8.20 km/h
Running performance: 7:19 min/km

Rank in course/Total: 63 (of 187)

Rank in course/Men: 59 (of 163)

Best time in course: 8:09:36

Rank in category: 19(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 km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:59:44	7:30	32	1:01:11	116	1:05:07	23.96	2:59:44	7:30	45		66	45:28
Floh-Seligenthal	26.92	3:11:27	7:06	26	57:32	92	1:08:13	50.88	6:11:11	7:17	45		66	45:11
Finsterbergen	24.12	2:57:27	7:21	15	45:38	42	52:23	75.00	9:08:38	7:18	41		61	3:03:50
Fröttstädt	24.83	3:02:47	7:21	9	48:29	32	1:11:02	100.00	12:11:25	7:18	20	3:27:55	63	4:53:40