



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Rohrman, Bernd

Club: LT Hagen Emst  
Number: 110

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 12:19:56

Speed: 8.11 km/h  
Running performance: 7:24 min/km

Rank in course/Total: 67 (of 187)

Rank in course/Men: 63 (of 163)

Best time in course: 8:09:36

Rank in category: 10(of 29)

Best time in the category: 10:43:56

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	2:53:13	7:13	19	38:55	101	58:36	23.96	2:53:13	7:13	21	6:39	70	38:57
Floh-Seligenthal	26.92	3:08:57	7:01	15	35:01	88	1:05:43	50.88	6:02:10	7:07	21	8:11	70	36:10
Finsterbergen	24.12	3:04:20	7:38	8	14:40	60	59:16	75.00	9:06:30	7:17	21		65	3:01:42
Fröttstädt	24.83	3:13:26	7:47	9	30:36	52	1:21:41	100.00	12:19:56	7:23	10	1:36:00	67	5:02:11