



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Mik, Gerik

Club: Artemis  
Number: 59

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 12:45:43

Speed: 7.84 km/h  
Running performance: 7:40 min/km

Rank in course/Total: 90 (of 187)

Rank in course/Men: 84 (of 163)

Best time in course: 8:09:36

Rank in category: 24(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	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:52:02	7:10	28	53:29	95	57:25	23.96	2:52:02	7:10	5		91	37:46
Floh-Seligenthal	26.92	3:11:00	7:05	25	57:05	91	1:07:46	50.88	6:03:02	7:08	5		91	37:02
Finsterbergen	24.12	3:17:13	8:10	23	1:05:24	75	1:12:09	75.00	9:20:15	7:28	4		86	3:15:27
Fröttstädt	24.83	3:25:28	8:16	22	1:11:10	74	1:33:43	100.00	12:45:43	7:39	25	4:02:13	88	5:27:58