



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Lohrke, Ralf

Club: Werne  
Number: 162

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 11:51:40

Speed: 8.35 km/h  
Running performance: 7:08 min/km

Rank in course/Total: 54 (of 212)

Rank in course/Men: 48 (of 185)

Best time in course: 8:36:39

Rank in category: 8(of 54)

Best time in the category: 10:20:33

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	2:30:39	6:17	16	19:18	56	34:40	23.96	2:30:39	6:17	39		57	
Floh-Seligenthal	26.92	2:48:45	6:16	13	21:15	59	39:11	50.88	5:19:24	6:16	39		57	
Finsterbergen	24.12	3:04:34	7:39	9	54:58	48	54:58	75.00	8:23:58	6:43	34		50	2:04:07
Fröttstädt	24.83	3:27:42	8:21	14	2:15:12	61	2:15:12	99.83	11:51:40	7:07	10	4:28:11	52	6:02:04