



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Wolf, Armin

Club: LLC Marathon Regensburg e.V.
Number: 63

Course: 99.83 km
Thüringen Ultra

Category:
Männer M45

Total time: 11:54:14

Speed: 8.32 km/h
Running performance: 7:09 min/km

Rank in course/Total: 55 (of 212)

Rank in course/Men: 49 (of 185)

Best time in course: 8:36:39

Rank in category: 9(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	2:31:19	6:18	17	19:58	58	35:20	23.96	2:31:19	6:18	40		58	
Floh-Seligenthal	26.92	2:41:44	6:00	8	14:14	39	32:10	50.88	5:13:03	6:09	40		58	
Finsterbergen	24.12	3:14:52	8:04	15	1:05:16	65	1:05:16	75.00	8:27:55	6:46	35		51	2:08:04
Fröttstädt	24.83	3:26:19	8:18	13	2:13:49	59	2:13:49	99.83	11:54:14	7:09	11	4:30:45	53	6:04:38