



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Simon, Ralf

Club: LG DUV  
Number: 208

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 11:55:52

Speed: 8.37 km/h  
Running performance: 7:10 min/km

Rank in course/Total: 56 (of 212)

Rank in course/Men: 50 (of 185)

Best time in course: 8:36:39

Rank in category: 10(of 37)

Best time in the category: 9:05:43

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	2:34:01	6:25	14	38:02	66	38:02	23.96	2:34:01	6:25	31			59	
Floh-Seligenthal	26.92	2:48:58	6:16	15	37:40	60	39:24	50.88	5:22:59	6:20	31			59	
Finsterbergen	24.12	3:15:49	8:07	15	53:15	67	1:06:13	75.00	8:38:48	6:55	19			52	2:18:57
Fröttstädt	24.83	3:17:04	7:56	10	52:31	43	2:04:34	99.83	11:55:52	7:10	10	2:50:09		54	6:06:16