



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

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Club: Trisport Erding
Number: 42

Course: 99.83 km
Thüringen Ultra

Category:
Männer M45

Total time: 12:04:50

Speed: 8.19 km/h
Running performance: 7:16 min/km

Rank in course/Total: 58 (of 212)

Rank in course/Men: 52 (of 185)

Best time in course: 8:36:39

Rank in category: 10(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	2:32:42	6:22	19	21:21	63	36:43	23.96	2:32:42	6:22	28		62	
Floh-Seligenthal	26.92	2:44:49	6:07	11	17:19	47	35:15	50.88	5:17:31	6:14	28		62	
Finsterbergen	24.12	3:13:14	8:00	13	1:03:38	60	1:03:38	75.00	8:30:45	6:48	37		55	2:10:54
Fröttstädt	24.83	3:34:05	8:37	18	2:21:35	66	2:21:35	99.83	12:04:50	7:15	12	4:41:21	56	6:15:14