



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

**Darkow, Stefan**

Club: Königs Wusterhausen  
Number: 167

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 12:06:02

Speed: 8.18 km/h  
Running performance: 7:16 min/km

Rank in course/Total: 59 (of 212)

Rank in course/Men: 53 (of 185)

Best time in course: 8:36:39

Rank in category: 11(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	2:37:37	6:34	17	41:38	76	41:38	23.96	2:37:37	6:34	32		63	
Floh-Seligenthal	26.92	2:45:24	6:08	11	34:06	48	35:50	50.88	5:23:01	6:20	32		63	
Finsterbergen	24.12	3:07:11	7:45	12	44:37	52	57:35	75.00	8:30:12	6:48	29		56	2:10:21
Fröttstädt	24.83	3:35:50	8:41	12	1:11:17	67	2:23:20	99.83	12:06:02	7:16	11	3:00:19	57	6:16:26