



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Kowalski, Oliver

Club: Waltroper LC06  
Number: 8

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M40

Total time: 12:06:10

Speed: 8.25 km/h  
Running performance: 7:16 min/km

Rank in course/Total: 60 (of 212)

Rank in course/Men: 54 (of 185)

Best time in course: 8:36:39

Rank in category: 13(of 31)

Best time in the category: 9:29:48

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	2:38:36	6:37	15	38:34	80	42:37	23.96	2:38:36	6:37	20		64	
Floh-Seligenthal	26.92	2:53:38	6:26	14	36:55	72	44:04	50.88	5:32:14	6:31	20		64	
Finsterbergen	24.12	3:12:45	7:59	14	48:49	58	1:03:09	75.00	8:44:59	6:59	19		57	2:25:08
Fröttstädt	24.83	3:21:11	8:06	11	41:12	53	2:08:41	99.83	12:06:10	7:16	13	2:36:22	58	6:16:34