



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Förkel, Detlev

Club: Weimar
Number: 191

Course: 99.83 km
Thüringen Ultra

Category:
Männer M45

Total time: 12:08:29

Speed: 8.15 km/h
Running performance: 7:18 min/km

Rank in course/Total: 62 (of 212)

Rank in course/Men: 55 (of 185)

Best time in course: 8:36:39

Rank in category: 11(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	2:13:32	5:34	2	2:11	17	17:33	23.96	2:13:32	5:34	43		65	
Floh-Seligenthal	26.92	2:27:30	5:28	1	-	13	17:56	50.88	4:41:02	5:31	43		65	
Finsterbergen	24.12	3:11:55	7:57	11	1:02:19	56	1:02:19	75.00	7:52:57	6:18	26		58	1:33:06
Fröttstädt	24.83	4:15:32	10:17	37	3:03:02	121	3:03:02	99.83	12:08:29	7:17	13	4:45:00	59	6:18:53