



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Allenstein, Peter

Club: Laufteam Sportland Dornberg
Number: 10

Course: 99.83 km
Thüringen Ultra

Category:
Männer M45

Total time: 12:12:22

Speed: 8.11 km/h
Running performance: 7:20 min/km

Rank in course/Total: 64 (of 212)

Rank in course/Men: 56 (of 185)

Best time in course: 8:36:39

Rank in category: 12(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	2:24:45	6:02	8	13:24	42	28:46	23.96	2:24:45	6:02	44		66	
Floh-Seligenthal	26.92	2:48:20	6:15	12	20:50	57	38:46	50.88	5:13:05	6:09	44		66	
Finsterbergen	24.12	3:18:21	8:13	16	1:08:45	71	1:08:45	75.00	8:31:26	6:49	39		59	2:11:35
Fröttstädt	24.83	3:40:56	8:53	21	2:28:26	74	2:28:26	99.83	12:12:22	7:20	14	4:48:53	60	6:22:46