



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Zach, Ullrich

Club: DUV Coburg  
Number: 243

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 12:12:24

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

Rank in course/Total: 65 (of 212)

Rank in course/Men: 57 (of 185)

Best time in course: 8:36:39

Rank in category: 12(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	2:58:18	7:26	29	1:02:19	137	1:02:19	23.96	2:58:18	7:26	33	10:12	67	
Floh-Seligenthal	26.92	3:12:47	7:09	21	1:01:29	110	1:03:13	50.88	6:11:05	7:17	33	16:46	67	0:06
Finsterbergen	24.12	2:59:02	7:25	10	36:28	41	49:26	75.00	9:10:07	7:20	30		60	2:50:16
Fröttstädt	24.83	3:02:17	7:20	5	37:44	25	1:49:47	99.83	12:12:24	7:20	12	3:06:41	61	6:22:48