



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Rensch, Steffen

Club: Tangermünde  
Number: 113

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 12:14:27

Speed: 8.09 km/h  
Running performance: 7:22 min/km

Rank in course/Total: 66 (of 212)

Rank in course/Men: 58 (of 185)

Best time in course: 8:36:39

Rank in category: 13(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	2:27:22	6:09	10	16:01	45	31:23	23.96	2:27:22	6:09	45		68	
Floh-Seligenthal	26.92	3:04:39	6:51	26	37:09	93	55:05	50.88	5:32:01	6:31	45		68	
Finsterbergen	24.12	3:14:02	8:02	14	1:04:26	62	1:04:26	75.00	8:46:03	7:00	40		61	2:26:12
Fröttstädt	24.83	3:28:24	8:23	16	2:15:54	63	2:15:54	99.83	12:14:27	7:21	15	4:50:58	62	6:24:51