



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Gremmel, Hendrik

Club: Hannover 96

Number: 211

Course: 99.83 km

Thüringen Ultra

Category:

Männer M45

Total time: 12:16:12

Speed: 8.07 km/h

Running performance: 7:22 min/km

Rank in course/Total: 67 (of 212)

Rank in course/Men: 59 (of 185)

Best time in course: 8:36:39

Rank in category: 14(of 54)

Best time in the category: 10:20:33

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	2:17:37	5:44	5	6:16	27	21:38	23.96	2:17:37	5:44	46		69	
Floh-Seligenthal	26.92	2:49:45	6:18	16	22:15	63	40:11	50.88	5:07:22	6:02	46		69	
Finsterbergen	24.12	3:06:39	7:44	10	57:03	51	57:03	75.00	8:14:01	6:35	41		62	1:54:10
Fröttstädt	24.83	4:02:11	9:45	32	2:49:41	104	2:49:41	99.83	12:16:12	7:22	16	4:52:43	63	6:26:36