



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Kuschel, Tom

Club: Marathonclub Menden
Number: 214

Course: 99.83 km
Thüringen Ultra

Category:
Männer M40

Total time: 12:19:04

Speed: 8.04 km/h
Running performance: 7:24 min/km

Rank in course/Total: 71 (of 212)

Rank in course/Men: 62 (of 185)

Best time in course: 8:36:39

Rank in category: 14(of 31)

Best time in the category: 9:29:48

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	2:48:05	7:00	21	48:03	101	52:06	23.96	2:48:05	7:00	19		72	
Floh-Seligenthal	26.92	3:04:33	6:51	18	47:50	91	54:59	50.88	5:52:38	6:55	19		72	
Finsterbergen	24.12	3:04:28	7:38	10	40:32	47	54:52	75.00	8:57:06	7:09	18		65	2:37:15
Fröttstädt	24.83	3:21:58	8:08	13	41:59	55	2:09:28	99.83	12:19:04	7:24	14	2:49:16	66	6:29:28