



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Henkel, Volker

Club: HSV Neubrandenburg  
Number: 242

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 12:21:48

Speed: 8.01 km/h  
Running performance: 7:26 min/km

Rank in course/Total: 73 (of 212)

Rank in course/Men: 64 (of 185)

Best time in course: 8:36:39

Rank in category: 14(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	2:17:03	5:43	4	21:04	25	21:04	23.96	2:17:03	5:43	35		75	
Floh-Seligenthal	26.92	2:35:54	5:47	5	24:36	25	26:20	50.88	4:52:57	5:45	35		75	
Finsterbergen	24.12	3:06:23	7:43	11	43:49	49	56:47	75.00	7:59:20	6:23	32		67	1:39:29
Fröttstädt	24.83	4:22:28	10:34	27	1:57:55	128	3:09:58	99.83	12:21:48	7:25	14	3:16:05	68	6:32:12