



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Hardenack, Frank

Club: Neuenkleusheim
Number: 250

Course: 99.83 km
Thüringen Ultra

Category:
Männer M30

Total time: 8:36:39

Speed: 11.50 km/h
Running performance: 5:11 min/km

Rank in course/Total: 1 (of 212)

Rank in course/Men: 1 (of 185)

Best time in course: 8:36:39

Rank in category: 1(of 11)

Best time in the category: 8:36:39

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	1:57:48	4:54	1	-	2	1:49	23.96	1:57:48	4:54	1	-	4	
Floh-Seligenthal	26.92	2:09:34	4:48	1	-	1	-	50.88	4:07:22	4:51	1	-	4	
Finsterbergen	24.12	2:12:29	5:29	1	-	2	2:53	75.00	6:19:51	5:03	1	-	1	-
Fröttstädt	24.83	2:16:48	5:30	1	-	4	1:04:18	99.83	8:36:39	5:10	1	-	5	2:47:03