



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Wackernagel, Dirk

Club: GM Rennsteiglaufverein  
Number: 91

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 12:33:09

Speed: 7.89 km/h  
Running performance: 7:32 min/km

Rank in course/Total: 76 (of 212)

Rank in course/Men: 67 (of 185)

Best time in course: 8:36:39

Rank in category: 16(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	2:38:44	6:37	25	27:23	82	42:45	23.96	2:38:44	6:37	50		82	
Floh-Seligenthal	26.92	2:54:51	6:29	22	27:21	75	45:17	50.88	5:33:35	6:33	50		82	
Finsterbergen	24.12	3:37:29	9:01	29	1:27:53	109	1:27:53	75.00	9:11:04	7:20	43		72	2:51:13
Fröttstädt	24.83	3:22:05	8:08	12	2:09:35	56	2:09:35	99.83	12:33:09	7:32	18	5:09:40	71	6:43:33