



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Fust, Ulrich

Club: Aktion Canchanabury  
Number: 27

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 12:33:46

Speed: 7.88 km/h  
Running performance: 7:33 min/km

Rank in course/Total: 77 (of 212)

Rank in course/Men: 68 (of 185)

Best time in course: 8:36:39

Rank in category: 17(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	2:58:25	7:26	39	47:04	138	1:02:26	23.96	2:58:25	7:26	51	9:24	83	
Floh-Seligenthal	26.92	3:10:12	7:03	32	42:42	103	1:00:38	50.88	6:08:37	7:14	51		83	
Finsterbergen	24.12	3:12:31	7:58	12	1:02:55	57	1:02:55	75.00	9:21:08	7:28	44		73	3:01:17
Fröttstädt	24.83	3:12:38	7:45	8	2:00:08	35	2:00:08	99.83	12:33:46	7:33	19	5:10:17	72	6:44:10