



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Fasel, Norbert

Club: LSF Münster  
Number: 92

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 12:34:07

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

Rank in course/Total: 78 (of 212)

Rank in course/Men: 69 (of 185)

Best time in course: 8:36:39

Rank in category: 18(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	2:28:08	6:10	14	16:47	52	32:09	23.96	2:28:08	6:10	52		84	
Floh-Seligenthal	26.92	2:42:54	6:03	9	15:24	43	33:20	50.88	5:11:02	6:06	52		84	
Finsterbergen	24.12	3:27:50	8:36	26	1:18:14	92	1:18:14	75.00	8:38:52	6:55	45		74	2:19:01
Fröttstädt	24.83	3:55:15	9:28	28	2:42:45	92	2:42:45	99.83	12:34:07	7:33	20	5:10:38	73	6:44:31