



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Ehrlich, Volker

Club: Impuls-Erfurt
Number: 202

Course: 99.83 km
Thüringen Ultra

Category:
Männer M45

Total time: 12:41:40

Speed: 7.80 km/h
Running performance: 7:38 min/km

Rank in course/Total: 80 (of 212)

Rank in course/Men: 71 (of 185)

Best time in course: 8:36:39

Rank in category: 20(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	2:38:26	6:36	23	27:05	79	42:27	23.96	2:38:26	6:36	54		86	
Floh-Seligenthal	26.92	2:52:26	6:24	20	24:56	71	42:52	50.88	5:30:52	6:30	54		86	
Finsterbergen	24.12	3:25:49	8:31	25	1:16:13	87	1:16:13	75.00	8:56:41	7:09	47		76	2:36:50
Fröttstädt	24.83	3:44:59	9:03	23	2:32:29	80	2:32:29	99.83	12:41:40	7:37	22	5:18:11	75	6:52:04