



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Ofenböck, Thomas

Number: 224

Course: 99.83 km
Thüringen Ultra

Category:
Männer M45

Total time: 12:44:52

Speed: 7.77 km/h

Running performance: 7:40 min/km

Rank in course/Total: 81 (of 212)

Rank in course/Men: 72 (of 185)

Best time in course: 8:36:39

Rank in category: 21(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	2:51:11	7:08	34	39:50	113	55:12	23.96	2:51:11	7:08	15	2:10	87	
Floh-Seligenthal	26.92	3:07:06	6:57	27	39:36	97	57:32	50.88	5:58:17	7:02	15		87	
Finsterbergen	24.12	3:18:36	8:14	18	1:09:00	73	1:09:00	75.00	9:16:53	7:25	48		77	2:57:02
Fröttstädt	24.83	3:27:59	8:22	15	2:15:29	62	2:15:29	99.83	12:44:52	7:39	23	5:21:23	76	6:55:16