



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Kus, Darius

Club: Adler - Langlauf Bottrop
Number: 192

Course: 99.83 km
Thüringen Ultra

Category:
Männer M30

Total time: 12:47:54

Speed: 7.74 km/h
Running performance: 7:41 min/km

Rank in course/Total: 84 (of 212)

Rank in course/Men: 75 (of 185)

Best time in course: 8:36:39

Rank in category: 8(of 11)

Best time in the category: 8:36:39

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	2:15:57	5:40	6	18:09	23	19:58	23.96	2:15:57	5:40	9	18:09	90	
Floh-Seligenthal	26.92	2:37:01	5:49	6	27:27	28	27:27	50.88	4:52:58	5:45	9	45:36	90	
Finsterbergen	24.12	3:22:00	8:22	8	1:09:31	77	1:12:24	75.00	8:14:58	6:35	8	1:55:07	80	1:55:07
Fröttstädt	24.83	4:32:56	10:59	10	2:16:08	140	3:20:26	99.83	12:47:54	7:41	8	4:11:15	79	6:58:18