



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: 7.80 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 |