



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Rothe, Gunter

Club: Lauffeuer Fröttstädt
Number: 222

Course: 99.83 km
Thüringen Ultra

Category:
Männer M45

Total time: 12:52:02

Speed: 7.76 km/h
Running performance: 7:44 min/km

Rank in course/Total: 88 (of 212)

Rank in course/Men: 78 (of 185)

Best time in course: 8:36:39

Rank in category: 23(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	3:00:35	7:32	42	49:14	143	1:04:36	23.96	3:00:35	7:32	3	11:34	93	0:57
Floh-Seligenthal	26.92	3:18:26	7:22	37	50:56	123	1:08:52	50.88	6:19:01	7:26	3	5:04	93	8:02
Finsterbergen	24.12	3:01:22	7:31	8	51:46	45	51:46	75.00	9:20:23	7:28	14		83	3:00:32
Fröttstädt	24.83	3:31:39	8:31	17	2:19:09	65	2:19:09	99.83	12:52:02	7:44	25	5:28:33	82	7:02:26