



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Tiedemann, Günter

Club: TSV Hollen
Number: 14

Course: 99.83 km
Thüringen Ultra

Category:
Männer M60

Total time: 12:55:07

Speed: 7.66 km/h
Running performance: 7:46 min/km

Rank in course/Total: 90 (of 212)

Rank in course/Men: 80 (of 185)

Best time in course: 8:36:39

Rank in category: 1(of 9)

Best time in the category: 12:55:07

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	2:49:41	7:04	2	6:07	107	53:42	23.96	2:49:41	7:04	1	-	95	
Floh-Seligenthal	26.92	3:00:28	6:42	1	-	84	50:54	50.88	5:50:09	6:52	1	-	95	
Finsterbergen	24.12	3:22:46	8:24	1	-	82	1:13:10	75.00	9:12:55	7:22	1	-	85	2:53:04
Fröttstädt	24.83	3:42:12	8:56	1	-	77	2:29:42	99.83	12:55:07	7:45	1	-	84	7:05:31