



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Schurna, Udo

Club: LT Naumannplatz Essen
Number: 226

Course: 99.83 km
Thüringen Ultra

Category:
Männer M55

Total time: 13:02:42

Speed: 7.59 km/h
Running performance: 7:50 min/km

Rank in course/Total: 91 (of 212)

Rank in course/Men: 81 (of 185)

Best time in course: 8:36:39

Rank in category: 3(of 17)

Best time in the category: 11:18:24

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Ruhlaer Skihütte	23.96	2:42:56	6:48	5	22:11	91	46:57	23.96	2:42:56	6:48	15		96	
Floh-Seligenthal	26.92	3:02:47	6:47	5	25:42	88	53:13	50.88	5:45:43	6:47	15		96	
Finsterbergen	24.12	3:35:17	8:55	7	40:27	105	1:25:41	75.00	9:21:00	7:28	15		86	3:01:09
Fröttstädt	24.83	3:41:42	8:55	4	23:44	76	2:29:12	99.83	13:02:42	7:50	3	1:44:18	85	7:13:06