



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Schmidt, Ralf

Club: DAV Coburg  
Number: 231

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 13:03:17

Speed: 7.58 km/h  
Running performance: 7:51 min/km

Rank in course/Total: 92 (of 212)

Rank in course/Men: 82 (of 185)

Best time in course: 8:36:39

Rank in category: 25(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	2:54:07	7:16	37	42:46	122	58:08	23.96	2:54:07	7:16	5	5:06	97	
Floh-Seligenthal	26.92	3:09:50	7:03	31	42:20	102	1:00:16	50.88	6:03:57	7:09	5		97	
Finsterbergen	24.12	3:22:33	8:23	20	1:12:57	79	1:12:57	75.00	9:26:30	7:33	3		87	3:06:39
Fröttstädt	24.83	3:36:47	8:43	20	2:24:17	69	2:24:17	99.83	13:03:17	7:50	27	5:39:48	86	7:13:41