



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Pawlow, Kamen

Club: FSV 1950 Gotha  
Number: 50

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 13:04:09

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

Rank in course/Total: 93 (of 212)

Rank in course/Men: 83 (of 185)

Best time in course: 8:36:39

Rank in category: 17(of 37)

Best time in the category: 9:05:43

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	2:19:48	5:50	7	23:49	31	23:49	23.96	2:19:48	5:50	11		98	
Floh-Seligenthal	26.92	3:02:01	6:45	18	50:43	86	52:27	50.88	5:21:49	6:19	11		98	
Finsterbergen	24.12	3:37:48	9:01	22	1:15:14	112	1:28:12	75.00	8:59:37	7:11	35		88	2:39:46
Fröttstädt	24.83	4:04:32	9:50	23	1:39:59	111	2:52:02	99.83	13:04:09	7:51	17	3:58:26	87	7:14:33