



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Ernst, Roland

Club: LC Olympia Wiesbaden  
Number: 80

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 13:07:56

Speed: 7.54 km/h  
Running performance: 7:53 min/km

Rank in course/Total: 95 (of 212)

Rank in course/Men: 85 (of 185)

Best time in course: 8:36:39

Rank in category: 19(of 37)

Best time in the category: 9:05:43

Intermediate times

Stage score

Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Ruhlaer Skihütte | 23.96       | 2:49:22       | 7:04            | 21          | 53:23          | 105         | 53:23         | 23.96         | 2:49:22       | 7:04            | 3           | 1:16           | 100        |               |
| Floh-Seligenthal | 26.92       | 2:54:15       | 6:28            | 16          | 42:57          | 73          | 44:41         | 50.88         | 5:43:37       | 6:45            | 3           |                | 100        |               |
| Finsterbergen    | 24.12       | 3:17:44       | 8:11            | 16          | 55:10          | 69          | 1:08:08       | 75.00         | 9:01:21       | 7:13            | 2           |                | 90         | 2:41:30       |
| Fröttstädt       | 24.83       | 4:06:35       | 9:55            | 24          | 1:42:02        | 112         | 2:54:05       | 99.83         | 13:07:56      | 7:53            | 19          | 4:02:13        | 89         | 7:18:20       |