



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 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	2:49:22	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