



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

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Club: Waldläufer Grünheide
Number: 31

Course: 99.83 km
Thüringen Ultra

Category:
Männer M50

Total time: 13:09:07

Speed: 7.53 km/h
Running performance: 7:54 min/km

Rank in course/Total: 96 (of 212)

Rank in course/Men: 86 (of 185)

Best time in course: 8:36:39

Rank in category: 20(of 37)

Best time in the category: 9:05:43

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total ranking					
	km	Time			min/km	Cat.			Men	Men	Total km	Total Time	Total min/km	Pos
Ruhlaer Skihütte	23.96	3:00:51	7:32	31	1:04:52	147	1:04:52	23.96	3:00:51	7:32	4	12:45	101	1:13
Floh-Seligenthal	26.92	3:02:37	6:47	19	51:19	87	53:03	50.88	6:03:28	7:08	4	9:09	101	
Finsterbergen	24.12	3:13:37	8:01	14	51:03	61	1:04:01	75.00	9:17:05	7:25	3		91	2:57:14
Fröttstädt	24.83	3:52:02	9:20	15	1:27:29	88	2:39:32	99.83	13:09:07	7:54	20	4:03:24	90	7:19:31