



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Schmidtke, Rudi

Club: Wildeshauser Lauftreff  
Number: 67

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 13:11:05

Speed: 7.51 km/h  
Running performance: 7:55 min/km

Rank in course/Total: 100 (of 212)

Rank in course/Men: 89 (of 185)

Best time in course: 8:36:39

Rank in category: 27(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	2:47:41	6:59	31	36:20	100	51:42	23.96	2:47:41	6:59	7		104	
Floh-Seligenthal	26.92	3:09:21	7:02	30	41:51	101	59:47	50.88	5:57:02	7:01	7		104	
Finsterbergen	24.12	3:37:42	9:01	30	1:28:06	110	1:28:06	75.00	9:34:44	7:39	5		94	3:14:53
Fröttstädt	24.83	3:36:21	8:42	19	2:23:51	68	2:23:51	99.83	13:11:05	7:55	29	5:47:36	93	7:21:29