



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Sakuth, Holger

Club: M&H Rennsteigteam
Number: 11

Course: 99.83 km
Thüringen Ultra

Category:
Männer M45

Total time: 13:12:15

Speed: 7.50 km/h
Running performance: 7:56 min/km

Rank in course/Total: 101 (of 212)

Rank in course/Men: 90 (of 185)

Best time in course: 8:36:39

Rank in category: 28(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 | 2:28:06 | 6:10 | 13 | 16:45 | 51 | 32:07 | 23.96 | 2:28:06 | 6:10 | 8 | | | 105 | |
| Floh-Seligenthal | 26.92 | 2:51:17 | 6:21 | 18 | 23:47 | 68 | 41:43 | 50.88 | 5:19:23 | 6:16 | 8 | | | 61 | |
| Finsterbergen | 24.12 | 3:40:38 | 9:08 | 32 | 1:31:02 | 117 | 1:31:02 | 75.00 | 9:00:01 | 7:12 | 6 | | | 95 | 2:40:10 |
| Fröttstädt | 24.83 | 4:12:14 | 10:09 | 34 | 2:59:44 | 117 | 2:59:44 | 99.83 | 13:12:15 | 7:56 | 30 | 5:48:46 | 94 | 7:22:39 | |