



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