



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Jasperneite, Horst

Club: LG Oelde/Wadersloh  
Number: 75

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M55

Total time: 13:13:23

Speed: 7.49 km/h  
Running performance: 7:57 min/km

Rank in course/Total: 102 (of 212)

Rank in course/Men: 91 (of 185)

Best time in course: 8:36:39

Rank in category: 4(of 17)

Best time in the category: 11:18:24

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:59:56	7:30	8	39:11	141	1:03:57	23.96	2:59:56	7:30	14		106	0:18
Floh-Seligenthal	26.92	3:19:11	7:23	8	42:06	125	1:09:37	50.88	6:19:07	7:27	14		106	8:08
Finsterbergen	24.12	3:36:18	8:58	9	41:28	107	1:26:42	75.00	9:55:25	7:56	14		96	3:35:34
Fröttstädt	24.83	3:17:58	7:58	1	-	46	2:05:28	99.83	13:13:23	7:56	4	1:54:59	95	7:23:47