



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Habrecht, Rainer

Club: TSSC 07 e.V.  
Number: 239

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M30

Total time: 13:13:46

Speed: 7.48 km/h  
Running performance: 7:57 min/km

Rank in course/Total: 103 (of 212)

Rank in course/Men: 92 (of 185)

Best time in course: 8:36:39

Rank in category: 9(of 11)

Best time in the category: 8:36:39

Intermediate times

Stage score

Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Ruhlaer Skihütte | 23.96       | 2:56:37       | 7:22            | 11          | 58:49          | 133         | 1:00:38       | 23.96         | 2:56:37       | 7:22            | 10          | 58:49          | 107        |               |
| Floh-Seligenthal | 26.92       | 3:15:31       | 7:15            | 10          | 1:05:57        | 116         | 1:05:57       | 50.88         | 6:12:08       | 7:18            | 10          | 2:04:46        | 107        | 1:09          |
| Finsterbergen    | 24.12       | 3:22:51       | 8:24            | 9           | 1:10:22        | 83          | 1:13:15       | 75.00         | 9:34:59       | 7:39            | 9           | 3:15:08        | 97         | 3:15:08       |
| Fröttstädt       | 24.83       | 3:38:47       | 8:48            | 6           | 1:21:59        | 71          | 2:26:17       | 99.83         | 13:13:46      | 7:57            | 9           | 4:37:07        | 96         | 7:24:10       |