



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Schikowsky, Christian

Club: Endorphinjunkies.de Dortmund
Number: 151

Course: 99.83 km
Thüringen Ultra

Category:
Männer M20

Total time: 13:14:01

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

Rank in course/Total: 104 (of 212)

Rank in course/Men: 93 (of 185)

Best time in course: 8:36:39

Rank in category: 7(of 9)

Best time in the category: 9:38:07

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	2:52:49	7:12	7	50:49	117	56:50	23.96	2:52:49	7:12	7	50:49	81	
Floh-Seligenthal	26.92	3:13:57	7:12	7	53:48	114	1:04:23	50.88	6:06:46	7:12	7	1:44:37	108	
Finsterbergen	24.12	3:22:38	8:24	7	52:03	80	1:13:02	75.00	9:29:24	7:35	7	2:36:40	98	3:09:33
Fröttstädt	24.83	3:44:37	9:02	7	59:14	79	2:32:07	99.83	13:14:01	7:57	8	7:24:25	97	7:24:25