



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Kiefer, Joachim

Club: Aspach
Number: 155

Course: 99.83 km
Thüringen Ultra

Category:
Männer M55

Total time: 13:19:38

Speed: 7.43 km/h
Running performance: 8:01 min/km

Rank in course/Total: 106 (of 212)

Rank in course/Men: 95 (of 185)

Best time in course: 8:36:39

Rank in category: 6(of 17)

Best time in the category: 11:18:24

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	Total	
Ruhlaer Skihütte	23.96	2:50:34	7:07	6	29:49	109	54:35	23.96	2:50:34	7:07	12			110
Floh-Seligenthal	26.92	2:58:01	6:36	4	20:56	80	48:27	50.88	5:48:35	6:51	12			110
Finsterbergen	24.12	3:34:39	8:53	6	39:49	101	1:25:03	75.00	9:23:14	7:30	12			100 3:03:23
Fröttstädt	24.83	3:56:24	9:31	7	38:26	95	2:43:54	99.83	13:19:38	8:00	6	2:01:14	99	7:30:02