



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Hagel, Thomas

Club: Run4Fun
Number: 55

Course: 99.83 km
Thüringen Ultra

Category:
Männer M45

Total time: 13:20:21

Speed: 7.42 km/h
Running performance: 8:01 min/km

Rank in course/Total: 107 (of 212)

Rank in course/Men: 96 (of 185)

Best time in course: 8:36:39

Rank in category: 29(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	2:54:54	7:17	38	43:33	123	58:55	23.96	2:54:54	7:17	9	5:53	111	
Floh-Seligenthal	26.92	3:12:39	7:09	35	45:09	109	1:03:05	50.88	6:07:33	7:13	9		111	
Finsterbergen	24.12	3:22:08	8:22	19	1:12:32	78	1:12:32	75.00	9:29:41	7:35	7		101	3:09:50
Fröttstädt	24.83	3:50:40	9:17	24	2:38:10	85	2:38:10	99.83	13:20:21	8:01	31	5:56:52	100	7:30:45