



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Gasch, Ronald

Club: Chemnitzer LV MEGWARE  
Number: 123

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M35

Total time: 9:03:26

Speed: 10.93 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 2 (of 212)

Rank in course/Men: 2 (of 185)

Best time in course: 8:36:39

Rank in category: 1(of 16)

Best time in the category: 9:03:26

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	2:02:08	5:05	1	-	6	6:09	23.96	2:02:08	5:05	2	-	5	-
Floh-Seligenthal	26.92	2:17:32	5:06	2	0:02	8	7:58	50.88	4:19:40	5:06	2	-	5	-
Finsterbergen	24.12	2:13:16	5:31	1	-	3	3:40	75.00	6:32:56	5:14	1	-	2	13:05
Fröttstädt	24.83	2:30:30	6:03	3	1:15:01	7	1:18:00	99.83	9:03:26	5:26	2	1:39:57	6	3:13:50