



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 |