



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Besier, Michael

Club: Heidenroder Lauftreff  
Number: 17

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 13:23:10

Speed: 7.40 km/h  
Running performance: 8:03 min/km

Rank in course/Total: 109 (of 212)

Rank in course/Men: 98 (of 185)

Best time in course: 8:36:39

Rank in category: 30(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	2:36:14	6:31	22	24:53	70	40:15	23.96	2:36:14	6:31	10			113	
Floh-Seligenthal	26.92	2:50:08	6:19	17	22:38	64	40:34	50.88	5:26:22	6:24	10			113	
Finsterbergen	24.12	3:40:29	9:08	31	1:30:53	116	1:30:53	75.00	9:06:51	7:17	8			103	2:47:00
Fröttstädt	24.83	4:16:19	10:19	38	3:03:49	122	3:03:49	99.83	13:23:10	8:02	32	5:59:41	102	7:33:34	