



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Urlaub, Martin

Club: Endorphinjunkies.de Dortmund
Number: 28

Course: 99.83 km
Thüringen Ultra

Category:
Männer M35

Total time: 13:29:55

Speed: 7.33 km/h
Running performance: 8:07 min/km

Rank in course/Total: 114 (of 212)

Rank in course/Men: 102 (of 185)

Best time in course: 8:36:39

Rank in category: 9(of 16)

Best time in the category: 9:03:26

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	2:55:44	7:20	13	53:36	127	59:45	23.96	2:55:44	7:20	11	2:50	117		
Floh-Seligenthal	26.92	3:12:03	7:08	11	54:33	107	1:02:29	50.88	6:07:47	7:13	11		117		
Finsterbergen	24.12	3:21:03	8:20	9	1:07:47	75	1:11:27	75.00	9:28:50	7:35	10	2:55:54	107	3:08:59	
Fröttstädt	24.83	4:01:05	9:42	11	2:45:36	102	2:48:35	99.83	13:29:55	8:06	10	6:06:26	106	7:40:19	