



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Leyendecker, Rainer

Club: RSLC Holzkirchen
Number: 227

Course: 99.83 km
Thüringen Ultra

Category:
Männer M50

Total time: 9:05:43

Speed: 10.88 km/h
Running performance: 5:28 min/km

Rank in course/Total: 3 (of 212)

Rank in course/Men: 3 (of 185)

Best time in course: 8:36:39

Rank in category: 1(of 37)

Best time in the category: 9:05:43

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	2:01:59	5:05	2	6:00	4	6:00	23.96	2:01:59	5:05	29		6	
Floh-Seligenthal	26.92	2:16:37	5:04	2	5:19	3	7:03	50.88	4:18:36	5:04	29		6	
Finsterbergen	24.12	2:22:34	5:54	1	-	4	12:58	75.00	6:41:10	5:20	28		3	21:19
Fröttstädt	24.83	2:24:33	5:49	1	-	5	1:12:03	99.83	9:05:43	5:27	1	-	7	3:16:07