



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Karsupke, Frank

Club: Kanu Altenburg
Number: 35

Course: 99.83 km
Thüringen Ultra

Category:
Männer M50

Total time: 13:41:43

Speed: 7.23 km/h
Running performance: 8:14 min/km

Rank in course/Total: 119 (of 212)

Rank in course/Men: 107 (of 185)

Best time in course: 8:36:39

Rank in category: 22(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	2:57:15	7:23	28	1:01:16	136	1:01:16	23.96	2:57:15	7:23	6	9:09	122	
Floh-Seligenthal	26.92	3:16:29	7:17	23	1:05:11	120	1:06:55	50.88	6:13:44	7:20	6	19:25	122	2:45
Finsterbergen	24.12	3:26:17	8:33	19	1:03:43	89	1:16:41	75.00	9:40:01	7:44	5		112	3:20:10
Fröttstädt	24.83	4:01:42	9:44	20	1:37:09	103	2:49:12	99.83	13:41:43	8:13	22	4:36:00	111	7:52:07