



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Häger, Sven-Eric

Club: KNBLO-Niederlande
Number: 9

Course: 99.83 km
Thüringen Ultra

Category:
Männer M45

Total time: 13:43:06

Speed: 7.22 km/h
Running performance: 8:15 min/km

Rank in course/Total: 120 (of 212)

Rank in course/Men: 108 (of 185)

Best time in course: 8:36:39

Rank in category: 33(of 54)

Best time in the category: 10:20:33

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:39:23	6:39	27	28:02	84	43:24	23.96	2:39:23	6:39	13		123	
Floh-Seligenthal	26.92	3:09:03	7:01	29	41:33	100	59:29	50.88	5:48:26	6:50	13		123	
Finsterbergen	24.12	3:41:09	9:10	33	1:31:33	119	1:31:33	75.00	9:29:35	7:35	11		113	3:09:44
Fröttstädt	24.83	4:13:31	10:12	36	3:01:01	120	3:01:01	99.83	13:43:06	8:14	35	6:19:37	112	7:53:30