



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Kohler, Steffen

Club: LG DUV
Number: 19

Course: 99.83 km
Thüringen Ultra

Category:
Männer M40

Total time: 13:43:19

Speed: 7.21 km/h
Running performance: 8:15 min/km

Rank in course/Total: 121 (of 212)

Rank in course/Men: 109 (of 185)

Best time in course: 8:36:39

Rank in category: 18(of 31)

Best time in the category: 9:29:48

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	2:36:55	6:32	13	36:53	74	40:56	23.96	2:36:55	6:32	13			124	
Floh-Seligenthal	26.92	2:58:42	6:38	16	41:59	81	49:08	50.88	5:35:37	6:35	13			124	
Finsterbergen	24.12	3:30:35	8:43	18	1:06:39	96	1:20:59	75.00	9:06:12	7:16	13			114	2:46:21
Fröttstädt	24.83	4:37:07	11:09	22	1:57:08	142	3:24:37	99.83	13:43:19	8:14	18	4:13:31	113	7:53:43	