



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Zietlow, Hans-Uwe

Club: LG DUV  
Number: 132

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M60

Total time: 13:44:45

Speed: 7.20 km/h  
Running performance: 8:16 min/km

Rank in course/Total: 122 (of 212)

Rank in course/Men: 110 (of 185)

Best time in course: 8:36:39

Rank in category: 3(of 9)

Best time in the category: 12:55:07

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	2:55:03	7:18	3	11:29	124	59:04	23.96	2:55:03	7:18	3	5:22	125	
Floh-Seligenthal	26.92	3:18:25	7:22	5	17:57	122	1:08:51	50.88	6:13:28	7:20	3	23:19	125	2:29
Finsterbergen	24.12	3:40:41	9:08	5	17:55	118	1:31:05	75.00	9:54:09	7:55	3	41:14	115	3:34:18
Fröttstädt	24.83	3:50:36	9:17	3	8:24	84	2:38:06	99.83	13:44:45	8:15	3	49:38	114	7:55:09