



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Frunzke, Thomas

Club: Storkow  
Number: 77

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 14:01:32

Speed: 7.06 km/h  
Running performance: 8:26 min/km

Rank in course/Total: 127 (of 212)

Rank in course/Men: 114 (of 185)

Best time in course: 8:36:39

Rank in category: 24(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:34:53	6:27	15	38:54	67	38:54	23.96	2:34:53	6:27	8		129	
Floh-Seligenthal	26.92	3:21:10	7:28	27	1:09:52	130	1:11:36	50.88	5:56:03	6:59	8	1:44	129	
Finsterbergen	24.12	4:02:18	10:02	28	1:39:44	136	1:52:42	75.00	9:58:21	7:58	7	1:25	119	3:38:30
Fröttstädt	24.83	4:03:11	9:47	21	1:38:38	107	2:50:41	99.83	14:01:32	8:25	24	4:55:49	118	8:11:56