



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Junig, Gunnar

Club: BLV-Ilsenburg  
Number: 138

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M55

Total time: 14:08:45

Speed: 7.00 km/h  
Running performance: 8:30 min/km

Rank in course/Total: 128 (of 212)

Rank in course/Men: 115 (of 185)

Best time in course: 8:36:39

Rank in category: 9(of 17)

Best time in the category: 11:18:24

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Ruhlaer Skihütte	23.96	3:07:16	7:48	14	46:31	164	1:11:17	23.96	3:07:16	7:48	9		131	7:38
Floh-Seligenthal	26.92	3:20:48	7:27	9	43:43	127	1:11:14	50.88	6:28:04	7:37	9		131	17:05
Finsterbergen	24.12	3:37:45	9:01	11	42:55	111	1:28:09	75.00	10:05:49	8:04	9	3:35	121	3:45:58
Fröttstädt	24.83	4:02:56	9:47	8	44:58	105	2:50:26	99.83	14:08:45	8:30	9	2:50:21	119	8:19:09