



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Hermsdorf, Ralph

Club: LC Auensee Leipzig  
Number: 102

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 14:11:06

Speed: 6.98 km/h  
Running performance: 8:32 min/km

Rank in course/Total: 129 (of 212)

Rank in course/Men: 116 (of 185)

Best time in course: 8:36:39

Rank in category: 25(of 37)

Best time in the category: 9:05:43

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	2:53:20	7:14	25	57:21	120	57:21	23.96	2:53:20	7:14	9	5:14	132	
Floh-Seligenthal	26.92	3:28:16	7:44	30	1:16:58	146	1:18:42	50.88	6:21:36	7:30	9	27:17	132	10:37
Finsterbergen	24.12	3:49:09	9:30	25	1:26:35	127	1:39:33	75.00	10:10:45	8:08	8	13:49	122	3:50:54
Fröttstädt	24.83	4:00:21	9:40	19	1:35:48	101	2:47:51	99.83	14:11:06	8:31	25	5:05:23	120	8:21:30