



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Rottmann, Rainer

Club: Freaky Friday Runners Bamberg
Number: 201

Course: 99.83 km
Thüringen Ultra

Category:
Männer M40

Total time: 14:13:59

Speed: 6.96 km/h
Running performance: 8:33 min/km

Rank in course/Total: 131 (of 212)

Rank in course/Men: 118 (of 185)

Best time in course: 8:36:39

Rank in category: 19(of 31)

Best time in the category: 9:29:48

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	3:12:01	8:00	31	1:11:59	171	1:16:02	23.96	3:12:01	8:00	12	12:08	133	12:23
Floh-Seligenthal	26.92	3:23:28	7:33	23	1:06:45	135	1:13:54	50.88	6:35:29	7:46	12		133	24:30
Finsterbergen	24.12	3:29:43	8:41	17	1:05:47	95	1:20:07	75.00	10:05:12	8:04	12	21:53	123	3:45:21
Fröttstädt	24.83	4:08:47	10:01	18	1:28:48	114	2:56:17	99.83	14:13:59	8:33	19	4:44:11	122	8:24:23