



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Komar, Ewald

Club: LT-Hemsbach
Number: 173

Course: 99.83 km
Thüringen Ultra

Category:
Männer M60

Total time: 14:13:58

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

Rank in course/Total: 130 (of 212)

Rank in course/Men: 117 (of 185)

Best time in course: 8:36:39

Rank in category: 4(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	3:07:54	7:50	9	24:20	165	1:11:55	23.96	3:07:54	7:50	4	18:13	134	8:16
Floh-Seligenthal	26.92	3:27:18	7:42	7	26:50	144	1:17:44	50.88	6:35:12	7:46	4	45:03	134	24:13
Finsterbergen	24.12	3:35:13	8:55	3	12:27	103	1:25:37	75.00	10:10:25	8:08	4	57:30	124	3:50:34
Fröttstädt	24.83	4:03:33	9:48	5	21:21	109	2:51:03	99.83	14:13:58	8:33	4	1:18:51	121	8:24:22