



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Gerlach, Jörg

Club: 100 Marathon Club
Number: 45

Course: 99.83 km
Thüringen Ultra

Category:
Männer M50

Total time: 14:24:14

Speed: 6.87 km/h
Running performance: 8:40 min/km

Rank in course/Total: 138 (of 212)

Rank in course/Men: 125 (of 185)

Best time in course: 8:36:39

Rank in category: 27(of 37)

Best time in the category: 9:05:43

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	2:48:06	7:00	20	52:07	102	52:07	23.96	2:48:06	7:00	1	-	141	
Floh-Seligenthal	26.92	3:06:13	6:55	20	54:55	96	56:39	50.88	5:54:19	6:57	1	-	141	
Finsterbergen	24.12	4:02:37	10:03	30	1:40:03	138	1:53:01	75.00	9:56:56	7:57	1	-	131	3:37:05
Fröttstädt	24.83	4:27:18	10:45	30	2:02:45	131	3:14:48	99.83	14:24:14	8:39	27	5:18:31	129	8:34:38