



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Rump, Eckhard

Club: LG Oelde/Wadersloh  
Number: 229

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 14:39:29

Speed: 6.75 km/h  
Running performance: 8:49 min/km

Rank in course/Total: 142 (of 212)

Rank in course/Men: 128 (of 185)

Best time in course: 8:36:39

Rank in category: 36(of 54)

Best time in the category: 10:20:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Ruhlaer Skihütte	23.96	3:02:19	7:36	45	50:58	154	1:06:20	23.96	3:02:19	7:36	16	13:18	144	2:41				
Floh-Seligenthal	26.92	3:38:09	8:06	45	1:10:39	155	1:28:35	50.88	6:40:28	7:52	16	26:31	144	29:29				
Finsterbergen	24.12	3:59:13	9:55	37	1:49:37	133	1:49:37	75.00	10:39:41	8:31	1	-	134	4:19:50				
Fröttstädt	24.83	3:59:48	9:39	31	2:47:18	100	2:47:18	99.83	14:39:29	8:48	38	7:16:00	132	8:49:53				