



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Jensch, Volkmar

Club: Teltow  
Number: 170

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 14:40:41

Speed: 6.80 km/h  
Running performance: 8:49 min/km

Rank in course/Total: 143 (of 212)

Rank in course/Men: 129 (of 185)

Best time in course: 8:36:39

Rank in category: 37(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.	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	2:39:59	6:40	28	28:38	85	44:00	23.96	2:39:59	6:40	17		145	
Floh-Seligenthal	26.92	3:11:48	7:07	34	44:18	106	1:02:14	50.88	5:51:47	6:54	17		145	
Finsterbergen	24.12	3:48:49	9:29	35	1:39:13	126	1:39:13	75.00	9:40:36	7:44	15		135	3:20:45
Fröttstädt	24.83	5:00:05	12:05	45	3:47:35	157	3:47:35	99.83	14:40:41	8:49	39	7:17:12	133	8:51:05