



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Dell, Fred

Club: M&H Rennsteigteam  
Number: 234

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 9:14:48

Speed: 10.71 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 4 (of 212)

Rank in course/Men: 4 (of 185)

Best time in course: 8:36:39

Rank in category: 2(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	1:55:59	4:50	1	-	1	-	23.96	1:55:59	4:50	21		7	
Floh-Seligenthal	26.92	2:11:18	4:52	1	-	2	1:44	50.88	4:07:17	4:51	21		7	
Finsterbergen	24.12	2:31:02	6:15	3	8:28	11	21:26	75.00	6:38:19	5:18	20		4	18:28
Fröttstädt	24.83	2:36:29	6:18	3	11:56	10	1:23:59	99.83	9:14:48	5:33	2	9:05	8	3:25:12