



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Luniak, Harald

Club: GMRV Groß Schierstedt
Number: 220

Course: 99.83 km
Thüringen Ultra

Category:
Männer M50

Total time: 14:40:56

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

Rank in course/Total: 144 (of 212)

Rank in course/Men: 130 (of 185)

Best time in course: 8:36:39

Rank in category: 28(of 37)

Best time in the category: 9:05:43

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 | 2:52:16 | 7:11 | 24 | 56:17 | 115 | 56:17 | 23.96 | 2:52:16 | 7:11 | 12 | 4:10 | 146 | |
| Floh-Seligenthal | 26.92 | 3:18:41 | 7:22 | 25 | 1:07:23 | 124 | 1:09:07 | 50.88 | 6:10:57 | 7:17 | 12 | 16:38 | 146 | |
| Finsterbergen | 24.12 | 3:57:36 | 9:51 | 26 | 1:35:02 | 132 | 1:48:00 | 75.00 | 10:08:33 | 8:06 | 11 | 11:37 | 136 | 3:48:42 |
| Fröttstädt | 24.83 | 4:32:23 | 10:58 | 31 | 2:07:50 | 139 | 3:19:53 | 99.83 | 14:40:56 | 8:49 | 28 | 5:35:13 | 134 | 8:51:20 |