



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: 6.74 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