



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Baumgarten, Karl Wolfgang

Club: 100 Marathon Club
Number: 21

Course: 99.83 km
Thüringen Ultra

Category:
Männer M55

Total time: 14:41:07

Speed: 6.74 km/h
Running performance: 8:50 min/km

Rank in course/Total: 146 (of 212)

Rank in course/Men: 132 (of 185)

Best time in course: 8:36:39

Rank in category: 12(of 17)

Best time in the category: 11:18:24

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	3:03:32	7:39	10	42:47	159	1:07:33	23.96	3:03:32	7:39	6		148	3:54
Floh-Seligenthal	26.92	3:27:52	7:43	14	50:47	145	1:18:18	50.88	6:31:24	7:41	6		148	20:25
Finsterbergen	24.12	3:38:51	9:04	12	44:01	113	1:29:15	75.00	10:10:15	8:08	6	8:01	138	3:50:24
Fröttstädt	24.83	4:30:52	10:54	12	1:12:54	136	3:18:22	99.83	14:41:07	8:49	12	3:22:43	136	8:51:31