



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Helf, Felix

Club: Andernach
Number: 69

Course: 99.83 km
Thüringen Ultra

Category:
Männer M45

Total time: 14:41:16

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

Rank in course/Total: 147 (of 212)

Rank in course/Men: 133 (of 185)

Best time in course: 8:36:39

Rank in category: 38(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	3:00:44	7:32	43	49:23	146	1:04:45	23.96	3:00:44	7:32	18	11:43	149	1:06
Floh-Seligenthal	26.92	3:26:01	7:39	41	58:31	140	1:16:27	50.88	6:26:45	7:36	18	12:48	149	15:46
Finsterbergen	24.12	4:02:14	10:02	38	1:52:38	135	1:52:38	75.00	10:28:59	8:23	16		139	4:09:08
Fröttstädt	24.83	4:12:17	10:09	35	2:59:47	118	2:59:47	99.83	14:41:16	8:49	40	7:17:47	137	8:51:40