



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Höfer, Dietmar

Club: Eisenach  
Number: 188

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 14:44:18

Speed: 6.77 km/h  
Running performance: 8:52 min/km

Rank in course/Total: 148 (of 212)

Rank in course/Men: 134 (of 185)

Best time in course: 8:36:39

Rank in category: 39(of 54)

Best time in the category: 10:20:33

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	2:34:57	6:28	20	23:36	68	38:58	23.96	2:34:57	6:28	19		151	
Floh-Seligenthal	26.92	3:13:09	7:10	36	45:39	112	1:03:35	50.88	5:48:06	6:50	19		151	
Finsterbergen	24.12	4:13:56	10:31	42	2:04:20	150	2:04:20	75.00	10:02:02	8:01	17		141	3:42:11
Fröttstädt	24.83	4:42:16	11:22	42	3:29:46	147	3:29:46	99.83	14:44:18	8:51	41	7:20:49	138	8:54:42