



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Pauer, Matthias

Club: TRUMPF  
Number: 189

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M40

Total time: 14:46:58

Speed: 6.70 km/h  
Running performance: 8:53 min/km

Rank in course/Total: 149 (of 212)

Rank in course/Men: 135 (of 185)

Best time in course: 8:36:39

Rank in category: 21(of 31)

Best time in the category: 9:29:48

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	2:30:25	6:16	11	30:23	54	34:26	23.96	2:30:25	6:16	10			153	
Floh-Seligenthal	26.92	2:48:05	6:14	10	31:22	53	38:31	50.88	5:18:30	6:15	10			153	
Finsterbergen	24.12	6:08:27	15:16	30	3:44:31	174	3:58:51	75.00	11:26:57	9:09	10	1:43:38	143	5:07:06	
Fröttstädt	24.83	3:20:01	8:03	10	40:02	49	2:07:31	99.83	14:46:58	8:53	21	5:17:10	139	8:57:22	