



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Flock, Peter

Club: Gebesee

Number: 114

Course: 99.83 km

Thüringen Ultra

Category:

Männer M35

Total time: 9:16:03

Speed: 10.68 km/h

Running performance: 5:34 min/km

Rank in course/Total: 5 (of 212)

Rank in course/Men: 5 (of 185)

Best time in course: 8:36:39

Rank in category: 2(of 16)

Best time in the category: 9:03:26

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	2:08:00	5:20	2	5:52	9	12:01	23.96	2:08:00	5:20	3		8	
Floh-Seligenthal	26.92	2:17:30	5:06	1	-	7	7:56	50.88	4:25:30	5:13	3		8	
Finsterbergen	24.12	2:23:41	5:57	2	10:25	5	14:05	75.00	6:49:11	5:27	2	16:15	5	29:20
Fröttstädt	24.83	2:26:52	5:54	2	1:11:23	6	1:14:22	99.83	9:16:03	5:34	3	1:52:34	9	3:26:27