



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

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Club: LT Horn-Laubach  
Number: 48

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M40

Total time: 15:08:41

Speed: 6.59 km/h  
Running performance: 9:06 min/km

Rank in course/Total: 154 (of 212)

Rank in course/Men: 138 (of 185)

Best time in course: 8:36:39

Rank in category: 22(of 31)

Best time in the category: 9:29:48

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              | 2:42:12    | 6:46         | 17       | 42:10       | 89      | 46:13      | 23.96    | 2:42:12       | 6:46         | 9        |             | 157     |            |
| Floh-Seligenthal | 26.92              | 3:31:49    | 7:52         | 25       | 1:15:06     | 149     | 1:22:15    | 50.88    | 6:14:01       | 7:21         | 9        |             | 157     | 3:02       |
| Finsterbergen    | 24.12              | 4:12:14    | 10:27        | 25       | 1:48:18     | 146     | 2:02:38    | 75.00    | 10:26:15      | 8:20         | 9        | 42:56       | 147     | 4:06:24    |
| Fröttstädt       | 24.83              | 4:42:26    | 11:22        | 24       | 2:02:27     | 148     | 3:29:56    | 99.83    | 15:08:41      | 9:06         | 22       | 5:38:53     | 142     | 9:19:05    |