



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: 6.54 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	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	2:42:12	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