



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Lux, Arno

Club: VGDS-Ostbelgien
Number: 244

Course: 99.83 km
Thüringen Ultra

Category:
Männer M40

Total time: 15:21:18

Speed: 6.45 km/h
Running performance: 9:14 min/km

Rank in course/Total: 156 (of 212)

Rank in course/Men: 139 (of 185)

Best time in course: 8:36:39

Rank in category: 23(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	2:49:40	7:04	22	49:38	106	53:41	23.96	2:49:40	7:04	8		158	
Floh-Seligenthal	26.92	3:50:41	8:34	29	1:33:58	166	1:41:07	50.88	6:40:21	7:52	8		158	29:22
Finsterbergen	24.12	4:02:44	10:03	23	1:38:48	139	1:53:08	75.00	10:43:05	8:34	8	59:46	148	4:23:14
Fröttstädt	24.83	4:38:13	11:12	23	1:58:14	143	3:25:43	99.83	15:21:18	9:13	23	5:51:30	143	9:31:42