



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 |