



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

von Uleniecki, Alexander

Club: LG Mauerweg Berlin e.V.
Number: 61

Course: 99.83 km
Thüringen Ultra

Category:
Männer M40

Total time: 15:21:20

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

Rank in course/Total: 157 (of 212)

Rank in course/Men: 140 (of 185)

Best time in course: 8:36:39

Rank in category: 24(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	3:03:20	7:39	28	1:03:18	157	1:07:21	23.96	3:03:20	7:39	7	3:27	159	3:42
Floh-Seligenthal	26.92	3:41:15	8:13	26	1:24:32	158	1:31:41	50.88	6:44:35	7:57	7		159	33:36
Finsterbergen	24.12	4:07:50	10:16	24	1:43:54	141	1:58:14	75.00	10:52:25	8:41	7	1:09:06	149	4:32:34
Fröttstädt	24.83	4:28:55	10:49	19	1:48:56	133	3:16:25	99.83	15:21:20	9:13	24	5:51:32	144	9:31:44