



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Tönhäuser, Gottfried

Club: LTV Erfurt
Number: 218

Course: 99.83 km
Thüringen Ultra

Category:
Männer M60

Total time: 15:36:43

Speed: 6.34 km/h
Running performance: 9:23 min/km

Rank in course/Total: 158 (of 212)

Rank in course/Men: 141 (of 185)

Best time in course: 8:36:39

Rank in category: 8(of 9)

Best time in the category: 12:55:07

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	2:56:44	7:22	6	13:10	134	1:00:45	23.96	2:56:44	7:22	8	7:03	160	
Floh-Seligenthal	26.92	3:16:05	7:17	3	15:37	118	1:06:31	50.88	6:12:49	7:19	8	22:40	160	1:50
Finsterbergen	24.12	4:20:19	10:47	9	57:33	154	2:10:43	75.00	10:33:08	8:26	8	1:20:13	150	4:13:17
Fröttstädt	24.83	5:03:35	12:13	9	1:21:23	158	3:51:05	99.83	15:36:43	9:22	8	2:41:36	145	9:47:07