



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Musil, Ronald

Club: LG Mauerweg Berlin e.V.
Number: 25

Course: 99.83 km
Thüringen Ultra

Category:
Männer M55

Total time: 15:46:08

Speed: 6.28 km/h
Running performance: 9:29 min/km

Rank in course/Total: 160 (of 212)

Rank in course/Men: 142 (of 185)

Best time in course: 8:36:39

Rank in category: 14(of 17)

Best time in the category: 11:18:24

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	9	42:35	157	1:07:21	23.96	3:03:20	7:39	3		159	3:42
Floh-Seligenthal	26.92	3:41:16	8:13	15	1:04:11	159	1:31:42	50.88	6:44:36	7:57	3	8:50	161	33:37
Finsterbergen	24.12	4:20:16	10:47	15	1:25:26	153	2:10:40	75.00	11:04:52	8:51	3	1:02:38	151	4:45:01
Fröttstädt	24.83	4:41:16	11:19	15	1:23:18	146	3:28:46	99.83	15:46:08	9:28	14	4:27:44	146	9:56:32