



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Zehring, Uwe

Club: Oschersleben  
Number: 139

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 15:54:44

Speed: 6.22 km/h  
Running performance: 9:34 min/km

Rank in course/Total: 164 (of 212)

Rank in course/Men: 146 (of 185)

Best time in course: 8:36:39

Rank in category: 40(of 54)

Best time in the category: 10:20:33

Intermediate times

Stage score

Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Ruhlaer Skihütte | 23.96       | 3:13:32       | 8:04            | 47          | 1:02:11        | 172         | 1:17:33       | 23.96         | 3:13:32       | 8:04            | 21          | 24:31          | 165        | 13:54         |
| Floh-Seligenthal | 26.92       | 3:47:36       | 8:27            | 47          | 1:20:06        | 165         | 1:38:02       | 50.88         | 7:01:08       | 8:16            | 21          | 47:11          | 165        | 50:09         |
| Finsterbergen    | 24.12       | 4:12:51       | 10:28           | 41          | 2:03:15        | 149         | 2:03:15       | 75.00         | 11:13:59      | 8:59            | 19          | 34:18          | 155        | 4:54:08       |
| Fröttstädt       | 24.83       | 4:40:45       | 11:18           | 41          | 3:28:15        | 145         | 3:28:15       | 99.83         | 15:54:44      | 9:33            | 42          | 8:31:15        | 150        | 10:05:08      |