



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 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	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