



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

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Club: Hirschau
Number: 83

Course: 99.83 km
Thüringen Ultra

Category:
Männer M20

Total time: 15:54:45

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

Rank in course/Total: 165 (of 212)

Rank in course/Men: 147 (of 185)

Best time in course: 8:36:39

Rank in category: 8(of 9)

Best time in the category: 9:38:07

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Total		
	km	Time			min/km	Cat.		Men	Men			km	Time	min/km
Ruhlaer Skihütte	23.96	3:01:35	7:34	8	59:35	150	1:05:36	23.96	3:01:35	7:34	8	59:35	166	1:57
Floh-Seligenthal	26.92	3:33:55	7:56	8	1:13:46	150	1:24:21	50.88	6:35:30	7:46	8	2:13:21	166	24:31
Finsterbergen	24.12	4:23:31	10:55	8	1:52:56	157	2:13:55	75.00	10:59:01	8:47	8	4:06:17	156	4:39:10
Fröttstädt	24.83	4:55:44	11:54	8	2:10:21	154	3:43:14	99.83	15:54:45	9:33	9	10:05:09	151	10:05:09