



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

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Club: LG Emsdetten  
Number: 78

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M30

Total time: 9:28:32

Speed: 10.45 km/h  
Running performance: 5:42 min/km

Rank in course/Total: 6 (of 212)

Rank in course/Men: 6 (of 185)

Best time in course: 8:36:39

Rank in category: 2(of 11)

Best time in the category: 8:36:39

Intermediate times				Stage score				Total ranking						
Control	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	2:07:57	5:20	2	10:09	8	11:58	23.96	2:07:57	5:20	2	10:09	9	
Floh-Seligenthal	26.92	2:16:49	5:04	2	7:15	5	7:15	50.88	4:24:46	5:12	2	17:24	9	
Finsterbergen	24.12	2:29:11	6:11	2	16:42	8	19:35	75.00	6:53:57	5:31	2	34:06	6	34:06
Fröttstädt	24.83	2:34:35	6:13	2	17:47	9	1:22:05	99.83	9:28:32	5:41	2	51:53	10	3:38:56