



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Schmalfuss, Olaf

Club: Team Klinikum Nürnberg
Number: 13

Course: 99.83 km
Thüringen Ultra

Category:
Männer M50

Total time: 16:13:04

Speed: 6.10 km/h
Running performance: 9:45 min/km

Rank in course/Total: 173 (of 212)

Rank in course/Men: 154 (of 185)

Best time in course: 8:36:39

Rank in category: 34(of 37)

Best time in the category: 9:05:43

Intermediate times

Stage score

Total ranking

| Control | Split | | Pos | Behind | Pos | | Behind | Total | | Pos | Behind | Pos | | Behind |
|------------------|-------|---------|-------|--------|---------|------|---------|-------|----------|------|--------|---------|------|----------|
| | km | Time | | | min/km | Cat. | | Men | Men | | | km | Time | |
| Ruhlaer Skihütte | 23.96 | 3:00:38 | 7:32 | 30 | 1:04:39 | 144 | 1:04:39 | 23.96 | 3:00:38 | 7:32 | 18 | 12:32 | 174 | 1:00 |
| Floh-Seligenthal | 26.92 | 3:43:55 | 8:19 | 33 | 1:32:37 | 161 | 1:34:21 | 50.88 | 6:44:33 | 7:57 | 18 | 50:14 | 174 | 33:34 |
| Finsterbergen | 24.12 | 5:05:09 | 12:39 | 35 | 2:42:35 | 171 | 2:55:33 | 75.00 | 11:49:42 | 9:27 | 17 | 1:52:46 | 164 | 5:29:51 |
| Fröttstädt | 24.83 | 4:23:22 | 10:36 | 28 | 1:58:49 | 129 | 3:10:52 | 99.83 | 16:13:04 | 9:44 | 34 | 7:07:21 | 158 | 10:23:28 |