



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Prodetto, Oliver

Club: blau direkt  
Number: 241

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M35

Total time: 16:22:49

Speed: 6.09 km/h  
Running performance: 9:50 min/km

Rank in course/Total: 175 (of 212)

Rank in course/Men: 155 (of 185)

Best time in course: 8:36:39

Rank in category: 13(of 16)

Best time in the category: 9:03:26

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	2:52:00	7:10	11	49:52	114	56:01	23.96	2:52:00	7:10	16			176
Floh-Seligenthal	26.92	3:44:55	8:21	14	1:27:25	162	1:35:21	50.88	6:36:55	7:48	16	28:55	176	25:56
Finsterbergen	24.12	4:11:16	10:25	13	1:58:00	145	2:01:40	75.00	10:48:11	8:38	15	4:15:15	166	4:28:20
Fröttstädt	24.83	5:34:38	13:28	14	4:19:09	166	4:22:08	99.83	16:22:49	9:50	14	8:59:20	159	10:33:13