



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Kupfer, Jörg

Club: Lauffreunde Gotha  
Number: 2

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M40

Total time: 9:29:48

Speed: 10.42 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 7 (of 212)

Rank in course/Men: 7 (of 185)

Best time in course: 8:36:39

Rank in category: 1(of 31)

Best time in the category: 9:29:48

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	2:08:59	5:22	4	8:57	11	13:00	23.96	2:08:59	5:22	17	-	10	-
Floh-Seligenthal	26.92	2:16:54	5:05	2	0:11	6	7:20	50.88	4:25:53	5:13	17	-	10	-
Finsterbergen	24.12	2:23:56	5:58	1	-	6	14:20	75.00	6:49:49	5:27	16	-	7	29:58
Fröttstädt	24.83	2:39:59	6:26	1	-	11	1:27:29	99.83	9:29:48	5:42	1	-	11	3:40:12