



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Gratkowski, Michael

Club: DJK Preussen 1911 Bochum  
Number: 49

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 16:22:49

Speed: 6.04 km/h  
Running performance: 9:50 min/km

Rank in course/Total: 176 (of 212)

Rank in course/Men: 156 (of 185)

Best time in course: 8:36:39

Rank in category: 42(of 54)

Best time in the category: 10:20:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Ruhlaer Skihütte	23.96	3:00:26	7:31	41	49:05	142	1:04:27	23.96	3:00:26	7:31	23	11:25	177	0:48				
Floh-Seligenthal	26.92	3:35:52	8:01	43	1:08:22	153	1:26:18	50.88	6:36:18	7:47	23	22:21	177	25:19				
Finsterbergen	24.12	4:24:59	10:59	44	2:15:23	158	2:15:23	75.00	11:01:17	8:49	21	21:36	167	4:41:26				
Fröttstädt	24.83	5:21:32	12:56	46	4:09:02	159	4:09:02	99.83	16:22:49	9:50	44	8:59:20	159	10:33:13				