



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Matthes, Bodo

Club: LC RON-HILL-Berlin e.V.
Number: 235

Course: 99.83 km
Thüringen Ultra

Category:
Männer M45

Total time: 16:40:20

Speed: 5.94 km/h
Running performance: 10:01 min/km

Rank in course/Total: 178 (of 212)

Rank in course/Men: 157 (of 185)

Best time in course: 8:36:39

Rank in category: 43(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.	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	3:30:14	8:46	51	1:18:53	176	1:34:15	23.96	3:30:14	8:46	24	41:13	178	30:36
Floh-Seligenthal	26.92	3:58:26	8:51	49	1:30:56	169	1:48:52	50.88	7:28:40	8:49	24	1:14:43	178	1:17:41
Finsterbergen	24.12	4:44:01	11:46	49	2:34:25	168	2:34:25	75.00	12:12:41	9:46	22	1:33:00	168	5:52:50
Fröttstädt	24.83	4:27:39	10:46	39	3:15:09	132	3:15:09	99.83	16:40:20	10:01	45	9:16:51	161	10:50:44