



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Schalle, Rainer

Club: Bergen  
Number: 109

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M40

Total time: 16:44:46

Speed: 5.96 km/h  
Running performance: 10:04 min/km

Rank in course/Total: 179 (of 212)

Rank in course/Men: 158 (of 185)

Best time in course: 8:36:39

Rank in category: 26(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	2:47:08	6:58	18	47:06	96	51:09	23.96	2:47:08	6:58	3		99	
Floh-Seligenthal	26.92	3:42:04	8:14	27	1:25:21	160	1:32:30	50.88	6:29:12	7:38	3		179	18:13
Finsterbergen	24.12	4:50:13	12:01	27	2:26:17	169	2:40:37	75.00	11:19:25	9:03	3	1:36:06	169	4:59:34
Fröttstädt	24.83	5:25:21	13:06	27	2:45:22	165	4:12:51	99.83	16:44:46	10:03	26	7:14:58	162	10:55:10