



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Kretzschmar, Bernd

Club: Dachwig
Number: 185

Course: 99.83 km
Thüringen Ultra

Category:
Männer M45

Total time: 16:50:43

Speed: 5.88 km/h
Running performance: 10:07 min/km

Rank in course/Total: 180 (of 212)

Rank in course/Men: 159 (of 185)

Best time in course: 8:36:39

Rank in category: 44(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	3:13:34	8:04	48	1:02:13	173	1:17:35	23.96	3:13:34	8:04	25	24:33	180	13:56
Floh-Seligenthal	26.92	4:09:42	9:16	52	1:42:12	175	2:00:08	50.88	7:23:16	8:42	25	1:09:19	180	1:12:17
Finsterbergen	24.12	4:32:31	11:17	46	2:22:55	162	2:22:55	75.00	11:55:47	9:32	23	1:16:06	170	5:35:56
Fröttstädt	24.83	4:54:56	11:52	44	3:42:26	152	3:42:26	99.83	16:50:43	10:07	46	9:27:14	163	11:01:07