



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Kaltwasser, Jörg

Club: DUV

Number: 179

Course: 99.83 km

Thüringen Ultra

Category:

Männer M45

Total time: 16:54:33

Speed: 5.85 km/h

Running performance: 10:10 min/km

Rank in course/Total: 182 (of 212)

Rank in course/Men: 160 (of 185)

Best time in course: 8:36:39

Rank in category: 45(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	3:33:17	8:54	52	1:21:56	178	1:37:18	23.96	3:33:17	8:54	26	44:16	181	33:39
Floh-Seligenthal	26.92	3:59:15	8:53	50	1:31:45	171	1:49:41	50.88	7:32:32	8:53	26	1:18:35	181	1:21:33
Finsterbergen	24.12	4:39:29	11:35	48	2:29:53	165	2:29:53	75.00	12:12:01	9:45	24	1:32:20	171	5:52:10
Fröttstädt	24.83	4:42:32	11:22	43	3:30:02	149	3:30:02	99.83	16:54:33	10:09	47	9:31:04	164	11:04:57