



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Kohlbrok, Michael

Club: LG Bauerkamp Warburg
Number: 58

Course: 99.83 km
Thüringen Ultra

Category:
Männer M45

Total time: 17:13:19

Speed: 5.75 km/h
Running performance: 10:21 min/km

Rank in course/Total: 185 (of 212)

Rank in course/Men: 163 (of 185)

Best time in course: 8:36:39

Rank in category: 46(of 54)

Best time in the category: 10:20:33

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	3:18:03	8:15	49	1:06:42	174	1:22:04	23.96	3:18:03	8:15	27	29:02	184	18:25
Floh-Seligenthal	26.92	4:03:10	9:01	51	1:35:40	172	1:53:36	50.88	7:21:13	8:40	27	1:07:16	184	1:10:14
Finsterbergen	24.12	4:28:23	11:07	45	2:18:47	160	2:18:47	75.00	11:49:36	9:27	25	1:09:55	174	5:29:45
Fröttstädt	24.83	5:23:43	13:02	48	4:11:13	162	4:11:13	99.83	17:13:19	10:21	48	9:49:50	166	11:23:43