



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Hempel, Michael

Club: Bergwacht Pirna
Number: 5

Course: 99.83 km
Thüringen Ultra

Category:
Männer M20

Total time: 9:38:07

Speed: 10.27 km/h
Running performance: 5:47 min/km

Rank in course/Total: 8 (of 212)

Rank in course/Men: 8 (of 185)

Best time in course: 8:36:39

Rank in category: 1(of 9)

Best time in the category: 9:38:07

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	2:02:00	5:05	1	-	5	6:01	23.96	2:02:00	5:05	1	-	11	
Floh-Seligenthal	26.92	2:20:09	5:12	1	-	9	10:35	50.88	4:22:09	5:09	1	-	11	
Finsterbergen	24.12	2:30:35	6:14	1	-	10	20:59	75.00	6:52:44	5:30	1	-	8	32:53
Fröttstädt	24.83	2:45:23	6:39	1	-	13	1:32:53	99.83	9:38:07	5:47	2	3:48:31	12	3:48:31