



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Koch, René

Club: Erfurt  
Number: 38

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M40

Total time: 9:54:18

Speed: 9.99 km/h  
Running performance: 5:57 min/km

Rank in course/Total: 10 (of 212)

Rank in course/Men: 10 (of 185)

Best time in course: 8:36:39

Rank in category: 2(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	2:00:02	5:00	1	-	3	4:03	23.96	2:00:02	5:00	31		14	
Floh-Seligenthal	26.92	2:23:19	5:19	3	6:36	10	13:45	50.88	4:23:21	5:10	31		14	
Finsterbergen	24.12	2:33:04	6:20	2	9:08	12	23:28	75.00	6:56:25	5:33	30		11	36:34
Fröttstädt	24.83	2:57:53	7:09	4	17:54	19	1:45:23	99.83	9:54:18	5:57	2	24:30	14	4:04:42