



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Ulbricht, Dieter

Club: www.laufkultur.de
Number: 150

Course: 99.83 km
Thüringen Ultra

Category:
Männer M40

Total time: 10:01:43

Speed: 9.87 km/h
Running performance: 6:02 min/km

Rank in course/Total: 11 (of 212)

Rank in course/Men: 11 (of 185)

Best time in course: 8:36:39

Rank in category: 3(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 km	Total Time	Total min/km	Total ranking				
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Ruhlaer Skihütte	23.96	2:13:52	5:35	6	13:50	18	17:53	23.96	2:13:52	5:35	30			15	
Floh-Seligenthal	26.92	2:28:33	5:31	4	11:50	15	18:59	50.88	4:42:25	5:33	30			15	
Finsterbergen	24.12	2:33:44	6:22	3	9:48	13	24:08	75.00	7:16:09	5:48	29			12	56:18
Fröttstädt	24.83	2:45:34	6:40	2	5:35	14	1:33:04	99.83	10:01:43	6:01	3	31:55		15	4:12:07