



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Pingel, Lars

Club: TSV Großenwörden
Number: 94

Course: 99.83 km
Thüringen Ultra

Category:
Männer M35

Total time: 10:14:59

Speed: 9.66 km/h
Running performance: 6:10 min/km

Rank in course/Total: 13 (of 212)

Rank in course/Men: 13 (of 185)

Best time in course: 8:36:39

Rank in category: 3(of 16)

Best time in the category: 9:03:26

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	2:10:40	5:27	3	8:32	14	14:41	23.96	2:10:40	5:27	4			17
Floh-Seligenthal	26.92	2:30:06	5:34	3	12:36	16	20:32	50.88	4:40:46	5:31	4			17
Finsterbergen	24.12	2:39:18	6:36	3	26:02	14	29:42	75.00	7:20:04	5:52	3	47:08	14	1:00:13
Fröttstädt	24.83	2:54:55	7:02	4	1:39:26	18	1:42:25	99.83	10:14:59	6:09	4	2:51:30	17	4:25:23