



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Vanden Berghe, Rudi

Club: Schoten
Number: 112

Course: 99.83 km
Thüringen Ultra

Category:
Männer M45

Total time: 10:20:33

Speed: 9.57 km/h
Running performance: 6:13 min/km

Rank in course/Total: 15 (of 212)

Rank in course/Men: 14 (of 185)

Best time in course: 8:36:39

Rank in category: 1(of 54)

Best time in the category: 10:20:33

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	2:27:42	6:09	12	16:21	48	31:43	23.96	2:27:42	6:09	30		18	
Floh-Seligenthal	26.92	2:34:34	5:44	5	7:04	23	25:00	50.88	5:02:16	5:56	30		18	
Finsterbergen	24.12	2:29:35	6:12	2	19:59	9	19:59	75.00	7:31:51	6:01	38		15	1:12:00
Fröttstädt	24.83	2:48:42	6:47	3	1:36:12	15	1:36:12	99.83	10:20:33	6:12	3	2:57:04	18	4:30:57