



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

**Kauppila, Manu**

Club: Espoo  
Number: 85

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M30

Total time: 10:25:49

Speed: 9.49 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 16 (of 212)

Rank in course/Men: 15 (of 185)

Best time in course: 8:36:39

Rank in category: 3(of 11)

Best time in the category: 8:36:39

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	2:09:02	5:23	3	11:14	12	13:03	23.96	2:09:02	5:23	3	11:14	19	
Floh-Seligenthal	26.92	2:27:21	5:28	3	17:47	12	17:47	50.88	4:36:23	5:25	3	29:01	19	
Finsterbergen	24.12	2:43:43	6:47	3	31:14	20	34:07	75.00	7:20:06	5:52	3	1:00:15	16	1:00:15
Fröttstädt	24.83	3:05:43	7:28	4	48:55	30	1:53:13	99.83	10:25:49	6:16	3	1:49:10	19	4:36:13