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: 9.57 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

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Stage score	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total ranking
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	
Fröttstätt	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	