



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Lauchstedt, Jörg

Club: USV Jena
Number: 197

Course: 99.83 km
Thüringen Ultra

Category:
Männer M30

Total time: 10:42:19

Speed: 9.25 km/h
Running performance: 6:26 min/km

Rank in course/Total: 20 (of 212)

Rank in course/Men: 18 (of 185)

Best time in course: 8:36:39

Rank in category: 4(of 11)

Best time in the category: 8:36:39

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	km	
Ruhlaer Skihütte	23.96	2:16:19	5:41	7	18:31	24	20:20	23.96	2:16:19	5:41	4	18:31	24	
Floh-Seligenthal	26.92	2:33:16	5:41	4	23:42	21	23:42	50.88	4:49:35	5:41	4	42:13	24	
Finsterbergen	24.12	2:47:42	6:57	4	35:13	22	38:06	75.00	7:37:17	6:05	4	1:17:26	20	1:17:26
Fröttstädt	24.83	3:05:02	7:27	3	48:14	29	1:52:32	99.83	10:42:19	6:26	4	2:05:40	22	4:52:43