



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Ruppert, Ralf

Club: LG Oelde/Wadersloh  
Number: 73

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 10:48:36

Speed: 9.23 km/h  
Running performance: 6:30 min/km

Rank in course/Total: 22 (of 212)

Rank in course/Men: 20 (of 185)

Best time in course: 8:36:39

Rank in category: 4(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	2:22:49	5:57	6	11:28	34	26:50	23.96	2:22:49	5:57	35		26	
Floh-Seligenthal	26.92	2:39:29	5:55	6	11:59	33	29:55	50.88	5:02:18	5:56	35		26	
Finsterbergen	24.12	2:43:21	6:46	5	33:45	19	33:45	75.00	7:45:39	6:12	30		22	1:25:48
Fröttstädt	24.83	3:02:57	7:22	7	1:50:27	27	1:50:27	99.83	10:48:36	6:29	6	3:25:07	24	4:59:00