



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Sacher, Thomas

Club: IRON MINDS

Number: 68

Course: 99.83 km

Thüringen Ultra

Category:

Männer M35

Total time: 10:51:22

Speed: 9.12 km/h

Running performance: 6:31 min/km

Rank in course/Total: 24 (of 212)

Rank in course/Men: 21 (of 185)

Best time in course: 8:36:39

Rank in category: 4(of 16)

Best time in the category: 9:03:26

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	2:24:43	6:02	6	22:35	41	28:44	23.96	2:24:43	6:02	5			29	
Floh-Seligenthal	26.92	2:41:27	5:59	6	23:57	37	31:53	50.88	5:06:10	6:01	5			29	
Finsterbergen	24.12	2:45:43	6:52	4	32:27	21	36:07	75.00	7:51:53	6:17	4	1:18:57	23	1:32:02	
Fröttstädt	24.83	2:59:29	7:13	5	1:44:00	21	1:46:59	99.83	10:51:22	6:31	5	3:27:53	25	5:01:46	