



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Wiedig, Michael

Club: Aschersleben  
Number: 232

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M30

Total time: 10:51:41

Speed: 9.11 km/h  
Running performance: 6:32 min/km

Rank in course/Total: 25 (of 212)

Rank in course/Men: 22 (of 185)

Best time in course: 8:36:39

Rank in category: 5(of 11)

Best time in the category: 8:36:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking				
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Ruhlaer Skihütte	23.96	2:15:33	5:39	5	17:45	22	19:34	23.96	2:15:33	5:39	6	17:45	30		
Floh-Seligenthal	26.92	2:36:39	5:49	5	27:05	26	27:05	50.88	4:52:12	5:44	6	44:50	30		
Finsterbergen	24.12	2:51:24	7:06	5	38:55	28	41:48	75.00	7:43:36	6:10	5	1:23:45	24	1:23:45	
Fröttstädt	24.83	3:08:05	7:34	5	51:17	32	1:55:35	99.83	10:51:41	6:31	5	2:15:02	26	5:02:05	