



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Beck, Ronald

Club: Naturfreunde OG Gotha e.V.
Number: 221

Course: 99.83 km
Thüringen Ultra

Category:
Männer M45

Total time: 10:52:14

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

Rank in course/Total: 26 (of 212)

Rank in course/Men: 23 (of 185)

Best time in course: 8:36:39

Rank in category: 5(of 54)

Best time in the category: 10:20:33

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	2:17:32	5:44	4	6:11	26	21:33	23.96	2:17:32	5:44	36		31	
Floh-Seligenthal	26.92	2:31:38	5:37	3	4:08	18	22:04	50.88	4:49:10	5:40	36		31	
Finsterbergen	24.12	2:42:44	6:44	3	33:08	16	33:08	75.00	7:31:54	6:01	31		25	1:12:03
Fröttstädt	24.83	3:20:20	8:04	11	2:07:50	51	2:07:50	99.83	10:52:14	6:32	7	3:28:45	27	5:02:38