



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Becker, Frank

Club: USV Erfurt
Number: 108

Course: 99.83 km
Thüringen Ultra

Category:
Männer M45

Total time: 10:56:07

Speed: 9.05 km/h
Running performance: 6:34 min/km

Rank in course/Total: 27 (of 212)

Rank in course/Men: 24 (of 185)

Best time in course: 8:36:39

Rank in category: 6(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	2:11:21	5:28	1	-	15	15:22	23.96	2:11:21	5:28	37		32	
Floh-Seligenthal	26.92	2:33:37	5:42	4	6:07	22	24:03	50.88	4:44:58	5:36	37		32	
Finsterbergen	24.12	2:55:03	7:15	7	45:27	34	45:27	75.00	7:40:01	6:08	32		26	1:20:10
Fröttstädt	24.83	3:16:06	7:53	9	2:03:36	41	2:03:36	99.83	10:56:07	6:34	8	3:32:38	28	5:06:31