



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Höper, Hanno

Club: TSV Lensahn
Number: 93

Course: 99.83 km
Thüringen Ultra

Category:
Männer M50

Total time: 10:58:07

Speed: 9.03 km/h
Running performance: 6:35 min/km

Rank in course/Total: 29 (of 212)

Rank in course/Men: 26 (of 185)

Best time in course: 8:36:39

Rank in category: 6(of 37)

Best time in the category: 9:05:43

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	2:24:19	6:01	9	28:20	38	28:20	23.96	2:24:19	6:01	26		34	
Floh-Seligenthal	26.92	2:42:14	6:01	9	30:56	41	32:40	50.88	5:06:33	6:01	26		34	
Finsterbergen	24.12	2:49:11	7:00	6	26:37	25	39:35	75.00	7:55:44	6:20	24		28	1:35:53
Fröttstädt	24.83	3:02:23	7:20	6	37:50	26	1:49:53	99.83	10:58:07	6:35	6	1:52:24	30	5:08:31