



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Lützner, Ralf

Club: Dresden  
Number: 245

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M35

Total time: 11:19:04

Speed: 8.75 km/h  
Running performance: 6:48 min/km

Rank in course/Total: 36 (of 212)

Rank in course/Men: 32 (of 185)

Best time in course: 8:36:39

Rank in category: 6(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	2:14:14	5:36	4	12:06	20	18:15	23.96	2:14:14	5:36	7		41	
Floh-Seligenthal	26.92	2:32:00	5:38	4	14:30	19	22:26	50.88	4:46:14	5:37	7		41	
Finsterbergen	24.12	2:51:53	7:07	5	38:37	30	42:17	75.00	7:38:07	6:06	6	1:05:11	34	1:18:16
Fröttstädt	24.83	3:40:57	8:53	9	2:25:28	75	2:28:27	99.83	11:19:04	6:48	7	3:55:35	36	5:29:28