



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Frenz, Michael

Club: LG Nord Berlin Ultrateam
Number: 43

Course: 99.83 km
Thüringen Ultra

Category:
Männer M40

Total time: 11:21:22

Speed: 8.72 km/h
Running performance: 6:50 min/km

Rank in course/Total: 38 (of 212)

Rank in course/Men: 34 (of 185)

Best time in course: 8:36:39

Rank in category: 6(of 31)

Best time in the category: 9:29:48

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	Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men							
Ruhlaer Skihütte	23.96	2:04:18	5:11	2	4:16	7	8:19	23.96	2:04:18	5:11	27		43	
Floh-Seligenthal	26.92	2:50:17	6:19	12	33:34	65	40:43	50.88	4:54:35	5:47	27		43	
Finsterbergen	24.12	2:59:46	7:27	7	35:50	42	50:10	75.00	7:54:21	6:19	26		36	1:34:30
Fröttstädt	24.83	3:27:01	8:20	15	47:02	60	2:14:31	99.83	11:21:22	6:49	6	1:51:34	37	5:31:46