



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

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Club: Schnauftreff-Oberursel  
Number: 105

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M40

Total time: 11:26:43

Speed: 8.65 km/h  
Running performance: 6:53 min/km

Rank in course/Total: 42 (of 212)

Rank in course/Men: 37 (of 185)

Best time in course: 8:36:39

Rank in category: 8(of 31)

Best time in the category: 9:29:48

Intermediate times

Stage score

Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Ruhlaer Skihütte | 23.96       | 2:19:17       | 5:48            | 7           | 19:15          | 28          | 23:18         | 23.96         | 2:19:17       | 5:48            | 25          |                | 46         |               |
| Floh-Seligenthal | 26.92       | 2:34:41       | 5:44            | 6           | 17:58          | 24          | 25:07         | 50.88         | 4:53:58       | 5:46            | 25          |                | 46         |               |
| Finsterbergen    | 24.12       | 3:06:34       | 7:44            | 11          | 42:38          | 50          | 56:58         | 75.00         | 8:00:32       | 6:24            | 24          |                | 39         | 1:40:41       |
| Fröttstädt       | 24.83       | 3:26:11       | 8:18            | 14          | 46:12          | 58          | 2:13:41       | 99.83         | 11:26:43      | 6:52            | 8           | 1:56:55        | 40         | 5:37:07       |