



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Hünefeld, Kai

Club: Bundeswehr  
Number: 206

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 11:33:20

Speed: 8.57 km/h  
Running performance: 6:57 min/km

Rank in course/Total: 44 (of 212)

Rank in course/Men: 39 (of 185)

Best time in course: 8:36:39

Rank in category: 7(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	2:30:31	6:16	15	19:10	55	34:32	23.96	2:30:31	6:16	38		48	
Floh-Seligenthal	26.92	2:49:07	6:16	14	21:37	61	39:33	50.88	5:19:38	6:16	38		48	
Finsterbergen	24.12	3:23:13	8:25	22	1:13:37	84	1:13:37	75.00	8:42:51	6:58	33		41	2:23:00
Fröttstädt	24.83	2:50:29	6:51	4	1:37:59	17	1:37:59	99.83	11:33:20	6:56	9	4:09:51	43	5:43:44