



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Franke, Sven

Club: BLV-Ilsenburg  
Number: 137

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M40

Total time: 11:34:09

Speed: 8.56 km/h  
Running performance: 6:57 min/km

Rank in course/Total: 45 (of 212)

Rank in course/Men: 40 (of 185)

Best time in course: 8:36:39

Rank in category: 9(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:09:06	5:23	5	9:04	13	13:07	23.96	2:09:06	5:23	24		49	
Floh-Seligenthal	26.92	2:16:43	5:04	1	-	4	7:09	50.88	4:25:49	5:13	24		49	
Finsterbergen	24.12	3:01:00	7:30	9	37:04	44	51:24	75.00	7:26:49	5:57	23		42	1:06:58
Fröttstädt	24.83	4:07:20	9:57	17	1:27:21	113	2:54:50	99.83	11:34:09	6:57	9	2:04:21	44	5:44:33