



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Ziehm, Udo

Club: Potsdam  
Number: 56

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 11:37:27

Speed: 8.52 km/h  
Running performance: 6:59 min/km

Rank in course/Total: 46 (of 212)

Rank in course/Men: 41 (of 185)

Best time in course: 8:36:39

Rank in category: 9(of 37)

Best time in the category: 9:05:43

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ruhlaer Skihütte	23.96	2:37:34	6:34	16	41:35	75	41:35	23.96	2:37:34	6:34	30		50	
Floh-Seligenthal	26.92	2:48:30	6:15	14	37:12	58	38:56	50.88	5:26:04	6:24	30		50	
Finsterbergen	24.12	2:52:27	7:08	7	29:53	31	42:51	75.00	8:18:31	6:38	27		43	1:58:40
Fröttstädt	24.83	3:18:56	8:00	11	54:23	47	2:06:26	99.83	11:37:27	6:59	9	2:31:44	45	5:47:51