



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Hennig, Thomas

Club: Wense  
Number: 64

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M40

Total time: 11:37:28

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

Rank in course/Total: 47 (of 212)

Rank in course/Men: 42 (of 185)

Best time in course: 8:36:39

Rank in category: 10(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	2:36:18	6:31	12	36:16	72	40:19	23.96	2:36:18	6:31	23			51	
Floh-Seligenthal	26.92	2:39:22	5:55	8	22:39	32	29:48	50.88	5:15:40	6:12	23			51	
Finsterbergen	24.12	3:00:23	7:28	8	36:27	43	50:47	75.00	8:16:03	6:36	22			44	1:56:12
Fröttstädt	24.83	3:21:25	8:06	12	41:26	54	2:08:55	99.83	11:37:28	6:59	10	2:07:40	46	5:47:52	