



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Aust, Frank

Club: Otternasen
Number: 96

Course: 99.83 km
Thüringen Ultra

Category:
Männer M40

Total time: 11:38:00

Speed: 8.51 km/h
Running performance: 6:59 min/km

Rank in course/Total: 48 (of 212)

Rank in course/Men: 43 (of 185)

Best time in course: 8:36:39

Rank in category: 11(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	2:24:31	6:01	9	24:29	39	28:32	23.96	2:24:31	6:01	22			52	
Floh-Seligenthal	26.92	2:47:40	6:13	9	30:57	51	38:06	50.88	5:12:11	6:08	22			52	
Finsterbergen	24.12	3:11:13	7:55	13	47:17	55	1:01:37	75.00	8:23:24	6:42	21			45	2:03:33
Fröttstädt	24.83	3:14:36	7:50	9	34:37	39	2:02:06	99.83	11:38:00	6:59	11	2:08:12		47	5:48:24