



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Niestroj, André J.

Club: Otternasen

Number: 95

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: 49 (of 212)

Rank in course/Men: 44 (of 185)

Best time in course: 8:36:39

Rank in category: 12(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	2:24:34	6:02	10	24:32	40	28:35	23.96	2:24:34	6:02	21			53	
Floh-Seligenthal	26.92	2:48:18	6:15	11	31:35	56	38:44	50.88	5:12:52	6:08	21			53	
Finsterbergen	24.12	3:11:04	7:55	12	47:08	54	1:01:28	75.00	8:23:56	6:43	20			46	2:04:05
Fröttstädt	24.83	3:14:04	7:48	8	34:05	38	2:01:34	99.83	11:38:00	6:59	11	2:08:12	47	5:48:24	