



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Arlit, Martin

Club: TU Dresden  
Number: 81

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M20

Total time: 11:39:06

Speed: 8.50 km/h  
Running performance: 7:00 min/km

Rank in course/Total: 50 (of 212)

Rank in course/Men: 45 (of 185)

Best time in course: 8:36:39

Rank in category: 4(of 9)

Best time in the category: 9:38:07

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	2:37:41	6:34	5	35:41	77	41:42	23.96	2:37:41	6:34	4	35:41	54	
Floh-Seligenthal	26.92	2:51:02	6:21	4	30:53	66	41:28	50.88	5:28:43	6:27	4	1:06:34	54	
Finsterbergen	24.12	2:55:20	7:16	4	24:45	35	45:44	75.00	8:24:03	6:43	4	1:31:19	47	2:04:12
Fröttstädt	24.83	3:15:03	7:51	3	29:40	40	2:02:33	99.83	11:39:06	7:00	5	5:49:30	49	5:49:30