



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Tuna, Manuel

Club: TSG Helberhausen  
Number: 719

Course: 75.07 km  
DM der DUV

Category:  
Männer M40

Total time: 6:33:27

Speed: 11.44 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 5 (of 48)

Rank in course/Men: 5 (of 38)

Best time in course: 5:46:25

Rank in category: 3(of 6)

Best time in the category: 5:46:25

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
Floh-Seligenthal	26.92	2:03:12	4:34	4	9:25	9	9:40	26.92	2:03:12	4:34	3	8:04	26	
Finsterbergen	24.12	2:02:10	5:03	3	10:00	4	10:00	51.04	4:05:22	4:48	3	18:04	26	
Fröttstädt	24.83	2:28:05	5:57	3	28:58	5	28:58	75.07	6:33:27	5:14	3	47:02	5	47:02