



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Dachs, Manfred

Club: VC/LG Nienburg  
Number: 745

Course: 75.07 km  
DM der DUV

Category:  
Männer M40

Total time: 7:49:38

Speed: 9.58 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 16 (of 48)

Rank in course/Men: 15 (of 38)

Best time in course: 5:46:25

Rank in category: 5(of 6)

Best time in the category: 5:46:25

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	
Floh-Seligenthal	26.92	2:14:06	4:58	5	20:19	13	20:34	26.92	2:14:06	4:58	5	18:58	36		
Finsterbergen	24.12	2:33:07	6:20	5	40:57	16	40:57	51.04	4:47:13	5:37	5	59:55	36		
Fröttstädt	24.83	3:02:25	7:20	5	1:03:18	18	1:03:18	75.07	7:49:38	6:15	5	2:03:13	15	2:03:13	