



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Koch, Rainer

Club: LG Würzburg  
Number: 716

Course: 75.07 km  
DM der DUV

Category:  
Männer M30

Total time: 6:04:54

Speed: 12.34 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 2 (of 48)

Rank in course/Men: 2 (of 38)

Best time in course: 5:46:25

Rank in category: 1(of 2)

Best time in the category: 6:04:54

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	1:54:56	4:16	2	1:24	3	1:24	26.92	1:54:56	4:16	1	-	21	
Finsterbergen	24.12	1:57:35	4:52	1	-	2	5:25	51.04	3:52:31	4:33	1	-	21	
Fröttstädt	24.83	2:12:23	5:19	1	-	2	13:16	75.07	6:04:54	4:51	1	-	2	18:29