



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Heilers, Florian

Club: Düsseldorf
Number: 752

Course: 75.07 km
DM der DUV

Category:
Männer M35

Total time: 9:20:24

Speed: 8.03 km/h
Running performance: 7:28 min/km

Rank in course/Total: 31 (of 48)

Rank in course/Men: 26 (of 38)

Best time in course: 5:46:25

Rank in category: 3(of 3)

Best time in the category: 6:36:04

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	2:43:31	6:04	3	46:31	30	49:59	26.92	2:43:31	6:04	3	46:31	10	0:05
Finsterbergen	24.12	3:01:35	7:31	3	57:10	26	1:09:25	51.04	5:45:06	6:45	3	1:43:41	10	
Fröttstädt	24.83	3:35:18	8:40	3	1:00:39	28	1:36:11	75.07	9:20:24	7:27	3	2:44:20	26	3:33:59