



4. Thüringer ULTRA

Fröttstädt / 03.07.2010

Detailed evaluation

Holzlandpowers

Number: 4004

Course: 99.83 km

Staffel 4x25 km

Category:

Männerstaffel

Total time: 9:05:39

Speed: 10.89 km/h

Running performance: 5:28 min/km

Rank in course: 12 (of 34)

Best time in course: 7:15:05

Rank in category: 9(of 21)

Best time in the category: 7:15:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Ruhlaer Skihütte	23.96	2:03:58	5:10	10	24:36	11	24:36	23.96	2:03:58	5:10	14	8:14	29	
Floh-Seligenthal	26.92	2:23:49	5:20	12	32:07	17	32:07	50.88	4:27:47	5:15	14	25:24	29	
Finsterbergen	24.12	2:08:20	5:19	8	22:07	11	22:07	75.00	6:36:07	5:16	14		29	
Fröttstädt	24.83	2:29:32	6:01	10	38:25	16	40:16	99.83	9:05:39	5:27	9	1:50:34	12	1:50:34