



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Lauffreunde Gotha

Number: 4006

Course: 99.83 km

Staffel 4x25 km

Category:

Männerstaffel

Total time: 9:30:40

Speed: 10.41 km/h

Running performance: 5:43 min/km

Rank in course: 17 (of 34)

Best time in course: 7:15:05

Rank in category: 12(of 21)

Best time in the category: 7:15:05

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.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Ruhlaer Skihütte	23.96	2:22:06	5:55	20	42:44	25	42:44	23.96	2:22:06	5:55	11	26:22	34	3:01
Floh-Seligenthal	26.92	2:17:58	5:07	9	26:16	12	26:16	50.88	4:40:04	5:30	11	37:41	34	
Finsterbergen	24.12	2:30:13	6:13	15	44:00	22	44:00	75.00	7:10:17	5:44	11	22:50	34	
Fröttstädt	24.83	2:20:23	5:39	8	29:16	14	31:07	99.83	9:30:40	5:42	12	2:15:35	17	2:15:35