



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Lauftreff Alteburg, Arnstadt

Number: 4035

Course: 99.83 km

Staffel 4x25 km

Category:

Mixstaffel

Total time: 8:03:59

Speed: 12.27 km/h

Running performance: 4:51 min/km

Rank in course: 2 (of 34)

Best time in course: 7:15:05

Rank in category: 1(of 9)

Best time in the category: 8:03:59

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	1:57:26	4:54	1	-	6	18:04	23.96	1:57:26	4:54	1	-	19	
Floh-Seligenthal	26.92	2:04:29	4:37	1	-	5	12:47	50.88	4:01:55	4:45	1	-	19	
Finsterbergen	24.12	1:53:07	4:41	2	0:21	3	6:54	75.00	5:55:02	4:44	1	-	19	
Fröttstädt	24.83	2:08:57	5:11	3	19:41	12	19:41	99.83	8:03:59	4:50	1	-	2	48:54