



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Erbstromtaler Schmalwaden Mix

Total time: 9:59:59

Number: 4019

Speed: 9.90 km/h

Running performance: 6:01 min/km

Course: 99.83 km

Staffel 4x25 km

Rank in course: 23 (of 34)

Best time in course: 7:15:05

Category:

Rank in category: 6(of 9)

Mixstaffel

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	2:31:45	6:20	8	34:19	32	52:23	23.96	2:31:45	6:20	6	34:19	6	12:40
Floh-Seligenthal	26.92	2:19:49	5:11	4	15:20	13	28:07	50.88	4:51:34	5:43	6	49:39	6	5:33
Finsterbergen	24.12	2:13:44	5:32	5	20:58	14	27:31	75.00	7:05:18	5:40	6	1:10:16	6	
Fröttstädt	24.83	2:54:41	7:02	7	1:05:25	29	1:05:25	99.83	9:59:59	6:00	6	1:56:00	23	2:44:54