



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Lauf mit bleib Fit

Number: 4002

Course: 99.83 km

Staffel 4x25 km

Category:

Männerstaffel

Total time: 10:06:54

Speed: 9.79 km/h

Running performance: 6:05 min/km

Rank in course: 25 (of 34)

Best time in course: 7:15:05

Rank in category: 16(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.	Stage score		Total ranking						
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Ruhlaer Skihütte	23.96	2:17:04	5:43	16	37:42	18	37:42	23.96	2:17:04	5:43	7	21:20	8	
Floh-Seligenthal	26.92	2:31:32	5:37	15	39:50	21	39:50	50.88	4:48:36	5:40	7	46:13	8	2:35
Finsterbergen	24.12	2:26:36	6:04	14	40:23	21	40:23	75.00	7:15:12	5:48	7	27:45	8	
Fröttstädt	24.83	2:51:42	6:54	18	1:00:35	28	1:02:26	99.83	10:06:54	6:04	16	2:51:49	25	2:51:49