



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Lenz4Fun

Total time: 10:31:31

Number: 4001

Speed: 9.41 km/h

Running performance: 6:20 min/km

Course: 99.83 km

Staffel 4x25 km

Rank in course: 29 (of 34)

Best time in course: 7:15:05

Category:

Rank in category: 7(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	2:29:09	6:13	7	31:43	30	49:47	23.96	2:29:09	6:13	7	31:43	11	10:04
Floh-Seligenthal	26.92	2:49:13	6:17	7	44:44	29	57:31	50.88	5:18:22	6:15	7	1:16:27	11	32:21
Finsterbergen	24.12	2:39:51	6:37	7	47:05	28	53:38	75.00	7:58:13	6:22	7	2:03:11	11	19:58
Fröttstädt	24.83	2:33:18	6:10	4	44:02	18	44:02	99.83	10:31:31	6:19	7	2:27:32	29	3:16:26