



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Rennsteig Spirit

Number: 4010

Course: 99.83 km

Staffel 4x25 km

Category:

Mixstaffel

Total time: 11:58:12

Speed: 8.27 km/h

Running performance: 7:11 min/km

Rank in course: 33 (of 34)

Best time in course: 7:15:05

Rank in category: 8(of 9)

Best time in the category: 8:03:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Stage score			Total ranking			
								Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Ruhlaer Skihütte	23.96	3:00:48	7:32	9	1:03:22	34	1:21:26	23.96	3:00:48	7:32	8	1:03:22	16	41:43
Floh-Seligenthal	26.92	2:58:19	6:37	8	53:50	31	1:06:37	50.88	5:59:07	7:03	8	1:57:12	16	1:13:06
Finsterbergen	24.12	2:40:01	6:38	8	47:15	29	53:48	75.00	8:39:08	6:55	8	2:44:06	16	1:00:53
Fröttstädt	24.83	3:19:04	8:01	8	1:29:48	32	1:29:48	99.83	11:58:12	7:11	8	3:54:13	33	4:43:07