



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Trefffurter Sperrachen Quartett

Number: 4034

Course: 99.83 km

Staffel 4x25 km

Category:

Männerstaffel

Total time: 8:35:01

Speed: 11.53 km/h

Running performance: 5:10 min/km

Rank in course: 7 (of 34)

Best time in course: 7:15:05

Rank in category: 6(of 21)

Best time in the category: 7:15:05

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	1:53:50	4:45	3	14:28	3	14:28	23.96	1:53:50	4:45	17		24	
Floh-Seligenthal	26.92	2:01:55	4:31	3	10:13	3	10:13	50.88	3:55:45	4:38	17		20	
Finsterbergen	24.12	2:06:10	5:13	6	19:57	8	19:57	75.00	6:01:55	4:49	17		24	
Fröttstädt	24.83	2:33:06	6:09	11	41:59	17	43:50	99.83	8:35:01	5:09	6	1:19:56	7	1:19:56