



6. thüringen ULTRA  
Fröttstädt / 07.07.2012

Detailed evaluation

**Bittner, Holger**

Club: BLV Ilsenburg  
Number: 194

Course: 100.22 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 10:13:48

Speed: 9.78 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 18 (of 191)

Rank in course/Men: 18 (of 175)

Best time in course: 8:42:52

Rank in category: 5(of 43)

Best time in the category: 9:44:22

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.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	27.39	2:38:59	5:48	6	11:55	23	17:39	27.39	2:38:59	5:48	27		23	
Floh-Seligenthal	27.74	2:41:15	5:48	7	15:02	25	24:38	55.13	5:20:14	5:48	27		22	
Finsterbergen	22.03	2:29:02	6:45	9	16:57	24	32:03	77.16	7:49:16	6:04	27		18	1:14:18
Fröttstädt	23.06	2:24:32	6:16	3	14:42	14	23:07	100.22	10:13:48	6:07	5	29:26	18	1:30:56