



6. thüringen ULTRA
Fröttstädt / 07.07.2012

Detailed evaluation

Ruppert, Ralf

Club: LG Oelde/Wadersloh
Number: 66

Course: 100.22 km
Thüringen Ultra

Category:
Männer M45

Total time: 10:32:59

Speed: 9.50 km/h
Running performance: 6:19 min/km

Rank in course/Total: 26 (of 191)

Rank in course/Men: 26 (of 175)

Best time in course: 8:42:52

Rank in category: 9(of 43)

Best time in the category: 9:44:22

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.39	2:42:58	5:56	8	15:54	31	21:38	27.39	2:42:58	5:56	31		31	
Floh-Seligenthal	27.74	2:50:38	6:09	11	24:25	37	34:01	55.13	5:33:36	6:03	31		30	
Finsterbergen	22.03	2:28:29	6:44	8	16:24	23	31:30	77.16	8:02:05	6:14	31		26	1:27:07
Fröttstädt	23.06	2:30:54	6:32	8	21:04	28	29:29	100.22	10:32:59	6:18	9	48:37	26	1:50:07