



6. thüringen ULTRA  
Fröttstädt / 07.07.2012

Detailed evaluation

Vanden Berghe, Rudi

Club: Schoten  
Number: 49

Course: 100.22 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 10:36:29

Speed: 9.43 km/h  
Running performance: 6:21 min/km

Rank in course/Total: 29 (of 191)

Rank in course/Men: 29 (of 175)

Best time in course: 8:42:52

Rank in category: 11(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	2:42:53	5:56	7	15:49	30	21:33	27.39	2:42:53	5:56	33		34	
Floh-Seligenthal	27.74	2:52:39	6:13	14	26:26	45	36:02	55.13	5:35:32	6:05	33		33	
Finsterbergen	22.03	2:30:35	6:50	11	18:30	27	33:36	77.16	8:06:07	6:18	33		29	1:31:09
Fröttstädt	23.06	2:30:22	6:31	7	20:32	25	28:57	100.22	10:36:29	6:21	11	52:07	29	1:53:37