



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Pohl, Günther

Club: LTV Erfurt  
Number: 38

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M70

Total time: 14:20:10

Speed: 6.98 km/h  
Running performance: 8:36 min/km

Rank in course/Total: 141 (of 187)

Rank in course/Men: 126 (of 163)

Best time in course: 8:09:36

Rank in category: 1(of 2)

Best time in the category: 14:20:10

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
Ruhlaer Skihütte	23.96	3:00:42	7:32	1	-	122	1:06:05	23.96	3:00:42	7:32	1	-	133	46:26
Floh-Seligenthal	26.92	3:24:52	7:36	1	-	122	1:21:38	50.88	6:25:34	7:34	1	-	133	59:34
Finsterbergen	24.12	3:40:55	9:09	1	-	122	1:35:51	75.00	10:06:29	8:05	1	-	128	4:01:41
Fröttstädt	24.83	4:13:41	10:13	1	-	134	2:21:56	100.00	14:20:10	8:36	1	-	130	7:02:25