



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Pohl, Mathias

Club: LTV Erfurt
Number: 111

Course: 99.83 km
Thüringen Ultra

Category:
Männer M45

Total time: 13:25:50

Speed: 7.37 km/h
Running performance: 8:04 min/km

Rank in course/Total: 110 (of 212)

Rank in course/Men: 99 (of 185)

Best time in course: 8:36:39

Rank in category: 31(of 54)

Best time in the category: 10:20:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking				
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Ruhlaer Skihütte	23.96	2:23:55	6:00	7	12:34	37	27:56	23.96	2:23:55	6:00	11			114	
Floh-Seligenthal	26.92	2:44:02	6:05	10	16:32	45	34:28	50.88	5:07:57	6:03	11			114	
Finsterbergen	24.12	3:41:49	9:11	34	1:32:13	120	1:32:13	75.00	8:49:46	7:03	9			104	2:29:55
Fröttstädt	24.83	4:36:04	11:07	40	3:23:34	141	3:23:34	99.83	13:25:50	8:04	33	6:02:21	103	7:36:14	