



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

**Knefel, Günter**

Club: Reinickendorfer Füchse  
Number: 99

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M55

Total time: 11:18:24

Speed: 8.76 km/h  
Running performance: 6:48 min/km

Rank in course/Total: 35 (of 212)

Rank in course/Men: 31 (of 185)

Best time in course: 8:36:39

Rank in category: 1(of 17)

Best time in the category: 11:18:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:26:09	6:05	2	5:24	44	30:10	23.96	2:26:09	6:05	17		40	
Floh-Seligenthal	26.92	2:37:05	5:50	1	-	29	27:31	50.88	5:03:14	5:57	17		40	
Finsterbergen	24.12	2:54:50	7:14	1	-	33	45:14	75.00	7:58:04	6:22	17		33	1:38:13
Fröttstädt	24.83	3:20:20	8:04	2	2:22	51	2:07:50	99.83	11:18:24	6:47	1	-	35	5:28:48