



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Pohl, Günter

Club: LTV Erfurt
Number: 746

Course: 75.07 km
DM der DUV

Category:
Männer M70

Total time: 10:16:40

Speed: 7.30 km/h
Running performance: 8:13 min/km

Rank in course/Total: 37 (of 48)

Rank in course/Men: 30 (of 38)

Best time in course: 5:46:25

Rank in category: 1(of 2)

Best time in the category: 10:16:40

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
Floh-Seligenthal	26.92	2:56:20	6:33	1	-	34	1:02:48	26.92	2:56:20	6:33	1	-	14	12:54
Finsterbergen	24.12	3:20:03	8:17	1	-	33	1:27:53	51.04	6:16:23	7:22	1	-	14	21:11
Fröttstädt	24.83	4:00:17	9:40	1	-	30	2:01:10	75.07	10:16:40	8:12	1	-	30	4:30:15