



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Pohl, Günther

Club: LTV Erfurt  
Number: 53

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M70

Total time: 12:49:17

Speed: 7.80 km/h  
Running performance: 7:41 min/km

Rank in course/Total: 101 (of 176)

Rank in course/Men: 87 (of 140)

Best time in course: 8:21:21

Rank in category: 1(of 2)

Best time in the category: 12:49:17

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	2:57:23	7:24	1	-	94	54:03	23.96	2:57:23	7:24	1	-	91	16:49
Floh-Seligenthal	26.92	3:16:10	7:17	2	5:44	99	1:10:14	50.88	6:13:33	7:20	1	-	91	19:07
Finsterbergen	24.12	3:16:21	8:08	2	4:41	88	1:10:11	75.00	9:29:54	7:35	1	-	87	3:14:28
Fröttstädt	25.00	3:19:23	7:58	1	-	81	1:13:58	100.00	12:49:17	7:41	1	-	87	4:27:56