



6. thüringen ULTRA  
Fröttstädt / 07.07.2012

Detailed evaluation

Pötschke, Michael

Club: Rüsselsheim  
Number: 115

Course: 100.22 km  
Thüringen Ultra

Category:  
Männer M30

Total time: 10:05:08

Speed: 9.92 km/h  
Running performance: 6:02 min/km

Rank in course/Total: 17 (of 191)

Rank in course/Men: 17 (of 175)

Best time in course: 8:42:52

Rank in category: 4(of 14)

Best time in the category: 9:34:24

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
Glasbachwiese	27.39	2:39:59	5:50	6	18:39	25	18:39	27.39	2:39:59	5:50	5			22
Floh-Seligenthal	27.74	2:36:28	5:38	4	12:31	16	19:51	55.13	5:16:27	5:44	4	27:43		21
Finsterbergen	22.03	2:20:07	6:21	2	2:10	12	23:08	77.16	7:36:34	5:55	4	21:21	17	1:01:36
Fröttstädt	23.06	2:28:34	6:26	4	9:23	17	27:09	100.22	10:05:08	6:02	4	30:44	17	1:22:16