



6. thüringen ULTRA
Fröttstädt / 07.07.2012

Detailed evaluation

Förkel, Detlev

Club: LC Auensee Leipzig
Number: 192

Course: 100.22 km
Thüringen Ultra

Category:
Männer M45

Total time: 10:29:53

Speed: 9.55 km/h
Running performance: 6:17 min/km

Rank in course/Total: 23 (of 191)

Rank in course/Men: 23 (of 175)

Best time in course: 8:42:52

Rank in category: 7(of 43)

Best time in the category: 9:44:22

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	2:31:30	5:31	2	4:26	11	10:10	27.39	2:31:30	5:31	29		28	
Floh-Seligenthal	27.74	2:33:04	5:31	3	6:51	11	16:27	55.13	5:04:34	5:31	29		27	
Finsterbergen	22.03	2:36:37	7:06	17	24:32	48	39:38	77.16	7:41:11	5:58	29		23	1:06:13
Fröttstädt	23.06	2:48:42	7:18	21	38:52	71	47:17	100.22	10:29:53	6:17	7	45:31	23	1:47:01