



6. thüringen ULTRA  
Fröttstädt / 07.07.2012

Detailed evaluation

Plötner, Michael

Club: Tautenhain  
Number: 131

Course: 100.22 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 11:17:54

Speed: 8.85 km/h  
Running performance: 6:46 min/km

Rank in course/Total: 60 (of 191)

Rank in course/Men: 59 (of 175)

Best time in course: 8:42:52

Rank in category: 21(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	2:55:39	6:24	18	28:35	62	34:19	27.39	2:55:39	6:24	43		65	
Floh-Seligenthal	27.74	3:00:52	6:31	22	34:39	72	44:15	55.13	5:56:31	6:28	43		64	15:37
Finsterbergen	22.03	2:42:59	7:23	20	30:54	54	46:00	77.16	8:39:30	6:43	43		60	2:04:32
Fröttstädt	23.06	2:38:24	6:52	14	28:34	40	36:59	100.22	11:17:54	6:45	21	1:33:32	59	2:35:02