



6. thüringen ULTRA  
Fröttstädt / 07.07.2012

Detailed evaluation

**Bölke, Albert**

Club: MTV Leck  
Number: 159

Course: 100.22 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 11:40:44

Speed: 8.56 km/h  
Running performance: 6:59 min/km

Rank in course/Total: 75 (of 191)

Rank in course/Men: 72 (of 175)

Best time in course: 8:42:52

Rank in category: 12(of 34)

Best time in the category: 10:16:14

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	3:05:26	6:46	18	30:18	91	44:06	27.39	3:05:26	6:46	23		78	
Floh-Seligenthal	27.74	2:59:30	6:28	13	24:21	69	42:53	55.13	6:04:56	6:37	23		77	24:02
Finsterbergen	22.03	2:48:15	7:38	11	25:01	69	51:16	77.16	8:53:11	6:54	23		73	2:18:13
Fröttstädt	23.06	2:47:33	7:15	9	18:57	68	46:08	100.22	11:40:44	6:59	12	1:24:30	72	2:57:52