



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Pötschke, Michael

Club: Rüsselsheim
Number: 104

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M30 (30-34 Jahre)

Total time: 9:34:40

Speed: 10.44 km/h
Running performance: 5:45 min/km

Rank in course/Total: 8 (of 272)

Rank in course/Men: 7 (of 235)

Best time in course: 7:55:46

Rank in category: 2(of 15)

Best time in the category: 9:22:42

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	25.00	2:34:15	6:10	4	11:48	25	22:28	25.00	2:34:15	6:10	3		15	22:28
Floh-Seligenthal	25.00	2:25:00	5:47	2	6:55	6	20:02	50.00	4:59:15	5:59	2	18:43	12	42:30
Finsterbergen	25.00	2:15:42	5:25	1	-	8	27:46	75.00	7:14:57	5:47	2	15:45	8	1:10:16
Fröttstädt	25.00	2:19:43	5:35	2	0:22	9	28:38	100.00	9:34:40	5:44	2	11:58	7	1:38:54