



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Pohl, Roland

Club: Weinböhl  
Number: 43

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M45 (45-49 Jahre)

Total time: 11:00:01

Speed: 9.09 km/h  
Running performance: 6:36 min/km

Rank in course/Total: 50 (of 272)

Rank in course/Men: 47 (of 235)

Best time in course: 7:55:46

Rank in category: 10(of 54)

Best time in the category: 9:26:44

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	25.00	2:58:10	7:07	16	31:30	78	46:23	25.00	2:58:10	7:07	40		56	46:23
Floh-Seligenthal	25.00	2:57:14	7:05	16	30:03	76	52:16	50.00	5:55:24	7:06	39		53	1:38:39
Finsterbergen	25.00	2:31:45	6:04	5	17:27	31	43:49	75.00	8:27:09	6:45	37		48	2:22:28
Fröttstädt	25.00	2:32:52	6:06	5	20:52	29	41:47	100.00	11:00:01	6:36	10	1:33:17	47	3:04:15