



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

**Knefel, Günter**

Club: Füchse Berlin  
Number: 87

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M60 (60-64 Jahre)

Total time: 11:10:32

Speed: 8.95 km/h  
Running performance: 6:43 min/km

Rank in course/Total: 57 (of 272)

Rank in course/Men: 54 (of 235)

Best time in course: 7:55:46

Rank in category: 1(of 10)

Best time in the category: 11:10:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	25.00	2:53:51	6:57	1	-	67	42:04	25.00	2:53:51	6:57	1	-	61	42:04
Floh-Seligenthal	25.00	2:48:30	6:44	1	-	43	43:32	50.00	5:42:21	6:50	1	-	58	1:25:36
Finsterbergen	25.00	2:37:27	6:17	1	-	47	49:31	75.00	8:19:48	6:39	1	-	53	2:15:07
Fröttstädt	25.00	2:50:44	6:49	1	-	68	59:39	100.00	11:10:32	6:42	1	-	54	3:14:46