



8. Thüringer ULTRA

Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Pohl, Roland

Club: Weinböhla

Number: 259

Course: 100.00 km

Thüringen Ultra

Category:

Senioren M45 (45-49 Jahre)

Total time: 10:28:32

Speed: 9.55 km/h

Running performance: 6:17 min/km

Rank in course/Total: 25 (of 272)

Rank in course/Men: 24 (of 232)

Best time in course: 8:54:18

Rank in category: 8(of 47)

Best time in the category: 9:33:21

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	27.39	2:39:00	5:48	6	15:10	23	29:19	27.39	2:39:00	5:48	33		27	29:19
Floh-Seligenthal	27.74	2:48:53	6:05	14	26:02	39	29:36	55.13	5:27:53	5:56	33		27	56:10
Finsterbergen	22.03	2:28:28	6:44	8	14:03	25	22:00	77.16	7:56:21	6:10	31		25	1:12:24
Fröttstädt	22.84	2:32:11	6:39	5	14:42	21	28:31	100.00	10:28:32	6:17	8	55:11	24	1:34:14