



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Knefel, Günter

Club: Füchse Berlin  
Number: 78

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M60 (60-64 Jahre)

Total time: 12:05:46

Speed: 8.27 km/h  
Running performance: 7:16 min/km

Rank in course/Total: 69 (of 272)

Rank in course/Men: 61 (of 232)

Best time in course: 8:54:18

Rank in category: 2(of 15)

Best time in the category: 12:04:48

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	2:59:39	6:33	1	-	75	49:58	27.39	2:59:39	6:33	2		69	49:58
Floh-Seligenthal	27.74	3:00:40	6:30	1	-	67	41:23	55.13	6:00:19	6:32	2		69	1:28:36
Finsterbergen	22.03	2:55:22	7:57	3	5:34	69	48:54	77.16	8:55:41	6:56	2		64	2:11:44
Fröttstädt	22.84	3:10:05	8:19	4	24:59	83	1:06:25	100.00	12:05:46	7:15	2	0:58	61	3:11:28