



9. Thüringer ULTRA  
Fröttstädt / 04.07.2015

Detailed evaluation

Pohl, Günther

Club: LTV Erfurt  
Number: 286

Course: 100.22 km  
Einzellauf

Category:  
Senioren M75 (75 und älter)

Total time: 16:37:53

Speed: 6.01 km/h  
Running performance: 9:58 min/km

Rank in course/Total: 163 (of 246)

Rank in course/Men: 144 (of 215)

Best time in course: 8:53:45

Rank in category: 1(of 1)

Best time in the category: 16:37:53

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	3:45:14	8:13	1	-	174	1:34:17	27.39	3:45:14	8:13	1	-	174	1:34:17
Floh-Seligenthal	27.74	3:46:51	8:10	1	-	144	1:25:11	55.13	7:32:05	8:12	1	-	157	2:59:28
Finsterbergen	22.03	4:06:47	11:12	1	-	144	2:17:13	77.16	11:38:52	9:03	1	-	142	4:54:29
Fröttstädt	23.06	4:59:01	12:58	1	-	166	2:49:39	100.22	16:37:53	9:57	1	-	144	7:44:08