



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Pötschke, Michael

Club: GMRSLV
Number: 235

Course: 100.22 km
Einzellauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 10:13:58

Speed: 9.77 km/h
Running performance: 6:08 min/km

Rank in course/Total: 6 (of 246)

Rank in course/Men: 6 (of 215)

Best time in course: 8:53:45

Rank in category: 1(of 23)

Best time in the category: 10:13:58

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	2:34:02	5:37	4	12:29	11	23:05	27.39	2:34:02	5:37	4	12:29	11	23:05
Floh-Seligenthal	27.74	2:33:52	5:32	3	5:16	8	12:12	55.13	5:07:54	5:35	3	12:52	8	35:17
Finsterbergen	22.03	2:22:41	6:28	1	-	4	33:07	77.16	7:30:35	5:50	3	5:58	6	46:12
Fröttstädt	23.06	2:43:23	7:05	3	21:09	10	34:01	100.22	10:13:58	6:07	1	-	6	1:20:13