



9. Thüringer ULTRA  
Fröttstädt / 04.07.2015

### Detailed evaluation

Roehl, Christian

Club: Berlin  
Number: 21

Course: 100.22 km  
Einzellauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 11:29:51

Speed: 8.70 km/h  
Running performance: 6:53 min/km

Rank in course/Total: 21 (of 246)

Rank in course/Men: 20 (of 215)

Best time in course: 8:53:45

Rank in category: 6(of 37)

Best time in the category: 9:49:27

### 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	2:44:58	6:01	7	34:01	29	34:01	27.39	2:44:58	6:01	7	34:01	29	34:01
Floh-Seligenthal	27.74	2:52:59	6:14	8	31:19	29	31:19	55.13	5:37:57	6:07	7	1:05:20	28	1:05:20
Finsterbergen	22.03	2:50:21	7:43	6	24:34	22	1:00:47	77.16	8:28:18	6:35	7	1:20:04	24	1:43:55
Fröttstädt	23.06	3:01:33	7:52	5	32:19	18	52:11	100.22	11:29:51	6:53	6	1:40:24	20	2:36:06