



9. Thüringer ULTRA  
Fröttstädt / 04.07.2015

Detailed evaluation

**Knefel, Günter**

Club: Füchse Berlin  
Number: 223

Course: 100.22 km  
Einzellauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 12:41:27

Speed: 7.88 km/h  
Running performance: 7:36 min/km

Rank in course/Total: 47 (of 246)

Rank in course/Men: 44 (of 215)

Best time in course: 8:53:45

Rank in category: 3(of 13)

Best time in the category: 11:51:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.39	3:11:35	6:59	2	26:03	83	1:00:38	27.39	3:11:35	6:59	2	26:03	83	1:00:38
Floh-Seligenthal	27.74	3:08:34	6:47	2	7:01	59	46:54	55.13	6:20:09	6:53	2	33:04	66	1:47:32
Finsterbergen	22.03	3:03:15	8:19	3	14:30	45	1:13:41	77.16	9:23:24	7:18	2	47:34	56	2:39:01
Fröttstädt	23.06	3:18:03	8:35	3	27:34	35	1:08:41	100.22	12:41:27	7:35	3	49:52	44	3:47:42