



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Pohl, Günther

Club: LTV Erfurt
Number: 240

Course: 100.20 km
100 Kilometer

Category:
Senioren M75 (75 und älter)

Total time: 15:09:46

Speed: 6.60 km/h
Running performance: 9:05 min/km

Rank in course/Total: 164 (of 216)

Rank in course/Men: 138 (of 181)

Best time in course: 8:48:12

Rank in category: 1(of 2)

Best time in the category: 15:09:46

Control	Intermediate times					Stage score				Total ranking				
	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	27.00	3:53:32	8:38	2	0:01	156	1:28:20	27.00	3:53:32	8:38	2	0:01	155	1:28:20
Floh-Seligenthal	27.00	3:43:28	8:16	1	-	119	1:22:28	54.00	7:37:00	8:27	2	0:01	137	2:50:48
Finsterbergen	22.00	3:31:59	9:38	1	-	126	1:31:57	76.00	11:08:59	8:48	1	-	133	4:19:53
Prefinish	23.70	3:58:40	10:04	1	-	145	2:00:37	99.70	15:07:39	9:06	1	-	137	6:20:30
Fröttstädt	0.50	2:07	4:14	2	0:03	150	1:08	100.20	15:09:46	9:04	1	-	138	6:21:34