



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Knefel, Günter

Club: Füchse Berlin
Number: 92

Course: 100.20 km
100 Kilometer

Category:
Senioren M60 (60-64 Jahre)

Total time: 11:18:36

Speed: 8.84 km/h
Running performance: 6:46 min/km

Rank in course/Total: 39 (of 216)

Rank in course/Men: 36 (of 181)

Best time in course: 8:48:12

Rank in category: 1(of 8)

Best time in the category: 11:18:36

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	2:59:00	6:37	1	-	39	33:48	27.00	2:59:00	6:37	1	-	38	33:48
Floh-Seligenthal	27.00	2:54:35	6:27	1	-	29	33:35	54.00	5:53:35	6:32	1	-	31	1:07:23
Finsterbergen	22.00	2:33:10	6:57	1	-	24	33:08	76.00	8:26:45	6:40	1	-	27	1:37:39
Prefinish	23.70	2:50:25	7:11	2	18:58	52	52:22	99.70	11:17:10	6:47	1	-	35	2:30:01
Fröttstädt	0.50	1:26	2:52	1	-	70	0:27	100.20	11:18:36	6:46	1	-	36	2:30:24