



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Pohl, Roland

Club: ohne
Number: 110

Course: 100.20 km
100 Kilometer

Category:
Senioren M50 (50-54 Jahre)

Total time: 11:22:29

Speed: 8.79 km/h
Running performance: 6:49 min/km

Rank in course/Total: 40 (of 216)

Rank in course/Men: 37 (of 181)

Best time in course: 8:48:12

Rank in category: 5(of 38)

Best time in the category: 10:23:21

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	km	
Glasbachwiese	27.00	2:59:37	6:39	7	10:13	41	34:25	27.00	2:59:37	6:39	7	10:13	40	34:25
Floh-Seligenthal	27.00	2:58:30	6:36	5	11:21	38	37:30	54.00	5:58:07	6:37	5	21:34	34	1:11:55
Finsterbergen	22.00	2:43:36	7:26	8	12:27	44	43:34	76.00	8:41:43	6:51	6	33:47	35	1:52:37
Prefinish	23.70	2:39:22	6:43	5	25:12	35	41:19	99.70	11:21:05	6:49	5	58:59	36	2:33:56
Fröttstädt	0.50	1:24	2:47	10	0:12	65	0:25	100.20	11:22:29	6:48	5	59:08	37	2:34:17