



11. thüringenULTRA
Fröttstädt / 01.07.2017

Detailed evaluation

POHL, günther

Club: Itv erfurt
Number: 23

Course: 100.20 km
100 Kilometer

Category:
Senioren M75 (75 und älter)

Total time: 16:54:36

Speed: 5.91 km/h
Running performance: 10:08 min/km

Rank in course/Total: 227 (of 254)

Rank in course/Men: 195 (of 211)

Best time in course: 8:41:59

Rank in category: 1(of 1)

Best time in the category: 16:54:36

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	27.00	3:48:43	8:28	1	-	195	1:23:20	27.00	3:48:43	8:28	1	-	195	1:23:20
Floh-Seligenthal	49.00	8:27:20	10:21	1	-	193	4:12:16	76.00	12:16:03	9:41	1	-	192	5:35:36
Fröttstädt	24.20	4:38:33	11:30	1	-	192	2:37:01	100.20	16:54:36	10:07	1	-	195	8:12:37