



12. thüringenULTRA
Fröttstädt / 07.07.2018

Detailed evaluation

Pötschke, Michael

Club: Guts-Muhts-Rennsteiglauf-Verein
Number: 259

Course: 100.22 km
100 Kilometer

Category:
Senioren M35 (35-39 Jahre)

Total time: 9:35:39

Speed: 10.42 km/h
Running performance: 5:44 min/km

Rank in course/Total: 7 (of 248)

Rank in course/Men: 7 (of 203)

Best time in course: 8:37:32

Rank in category: 5(of 22)

Best time in the category: 8:46:49

Intermediate times				Stage score				Total ranking						
Control	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	27.39	2:35:05	5:39	3	7:36	4	7:36	27.39	2:35:05	5:39	3	7:36	4	7:36
Floh-Seligenthal	27.74	2:34:01	5:33	1	-	2	2:38	55.13	5:09:06	5:36	6	31:45	10	31:45
Finsterbergen	22.03	2:13:14	6:02	4	10:39	6	14:15	77.16	7:22:20	5:43	5	42:24	8	44:45
Fröttstädt	23.06	2:13:19	5:46	3	6:26	4	13:22	100.22	9:35:39	5:44	5	48:50	7	58:07