



13. thüringenULTRA  
Fröttstädt / 06.07.2019

Detailed evaluation

Pohl, Mathias

Club: LTV Erfurt  
Number: 178

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M55 (55-59 Jahre)

Total time: 14:36:14

Speed: 6.85 km/h  
Running performance: 8:44 min/km

Rank in course/Total: 159 (of 246)

Rank in course/Men: 138 (of 211)

Best time in course: 8:32:51

Rank in category: 30(of 45)

Best time in the category: 10:21:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	27.39	3:22:29	7:23	20	50:23	114	1:00:43	27.39	3:22:29	7:23	20	50:23	114	1:00:43
Floh-Seligenthal	27.74	3:28:43	7:31	22	46:49	119	1:06:30	55.13	6:51:12	7:27	21	1:35:10	121	2:23:51
Finsterbergen	22.03	3:48:26	10:22	32	1:17:45	159	1:50:59	77.16	10:39:38	8:17	25	2:52:55	133	4:10:38
Fröttstädt	23.06	3:56:36	10:15	28	1:21:59	142	1:58:29	100.22	14:36:14	8:44	30	4:14:54	138	6:03:23