



2. ThüringenULTRA  
Fröttstädt / 05.07.2008

Detailed evaluation

Grabow, Dieter

Club: LG Braunschweig  
Number: 53

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M55

Total time: 11:50:09

Speed: 8.45 km/h  
Running performance: 7:06 min/km

Rank in course/Total: 49 (of 141)

Rank in course/Men: 41 (of 121)

Best time in course: 8:44:09

Rank in category: 3(of 15)

Best time in the category: 11:01:51

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Ruhlaer Skihütte	24.00	2:42:09	6:45	7	12:16	50	42:35	24.00	2:42:09	6:45	3	10:58	43	42:35
Floh-Seligenthal	26.40	2:55:52	6:39	5	27:36	43	44:20	50.40	5:38:01	6:42	3	38:34	43	1:26:55
Finsterbergen	24.00	2:56:01	7:20	1	-	28	41:15	74.40	8:34:02	6:54	3	33:30	42	2:08:10
Fröttstädt	25.60	3:16:07	7:39	5	14:48	50	57:50	100.00	11:50:09	7:06	3	48:18	42	3:06:00