



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Braun, Andreas

Club: LT Bernd Hübner Berlin  
Number: 77

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M55

Total time: 13:05:45

Speed: 7.64 km/h  
Running performance: 7:52 min/km

Rank in course/Total: 99 (of 187)

Rank in course/Men: 91 (of 163)

Best time in course: 8:09:36

Rank in category: 8(of 15)

Best time in the category: 10:31:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	3:06:48	7:47	12	34:36	137	1:12:11	23.96	3:06:48	7:47	8	34:36	98	52:32
Floh-Seligenthal	26.92	3:17:57	7:21	9	30:12	115	1:14:43	50.88	6:24:45	7:33	8	1:04:48	98	58:45
Finsterbergen	24.12	3:16:57	8:09	6	45:12	74	1:11:53	75.00	9:41:42	7:45	8	1:50:00	93	3:36:54
Fröttstädt	24.83	3:24:03	8:13	5	44:37	72	1:32:18	100.00	13:05:45	7:51	8	2:34:37	95	5:48:00