



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Bracht, Gerhard

Club: EK Schwaikheim
Number: 170

Course: 100.00 km
Thüringen Ultra

Category:
Männer M55

Total time: 13:24:26

Speed: 7.46 km/h
Running performance: 8:02 min/km

Rank in course/Total: 116 (of 187)

Rank in course/Men: 105 (of 163)

Best time in course: 8:09:36

Rank in category: 11(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	2:52:54	7:12	6	20:42	99	58:17	23.96	2:52:54	7:12	11	20:42	112	38:38
Floh-Seligenthal	26.92	3:29:04	7:45	11	41:19	127	1:25:50	50.88	6:21:58	7:30	11	1:02:01	112	55:58
Finsterbergen	24.12	3:28:05	8:37	9	56:20	97	1:23:01	75.00	9:50:03	7:52	11	1:58:21	107	3:45:15
Fröttstädt	24.83	3:34:23	8:38	9	54:57	86	1:42:38	100.00	13:24:26	8:02	11	2:53:18	109	6:06:41