



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Bruhn, Günther

Club: TG Waldsee
Number: 169

Course: 100.00 km
Thüringen Ultra

Category:
Männer M50

Total time: 14:43:03

Speed: 6.79 km/h
Running performance: 8:50 min/km

Rank in course/Total: 147 (of 187)

Rank in course/Men: 129 (of 163)

Best time in course: 8:09:36

Rank in category: 24(of 29)

Best time in the category: 10:43:56

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	3:12:49	8:02	28	58:31	145	1:18:12	23.96	3:12:49	8:02	7	26:15	136	58:33
Floh-Seligenthal	26.92	3:39:48	8:09	27	1:05:52	139	1:36:34	50.88	6:52:37	8:06	7	58:38	136	1:26:37
Finsterbergen	24.12	3:39:45	9:06	24	50:05	120	1:34:41	75.00	10:32:22	8:25	7	1:23:38	131	4:27:34
Fröttstädt	24.83	4:10:41	10:05	23	1:27:51	130	2:18:56	100.00	14:43:03	8:49	24	3:59:07	133	7:25:18