



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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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       |