



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Braun, Andreas

Club: Berlin  
Number: 143

Course: 99.83 km  
Thüringen Ultra

Category:  
Männer M55

Total time: 15:08:40

Speed: 6.54 km/h  
Running performance: 9:06 min/km

Rank in course/Total: 152 (of 212)

Rank in course/Men: 137 (of 185)

Best time in course: 8:36:39

Rank in category: 13(of 17)

Best time in the category: 11:18:24

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	3:06:13	7:46	12	45:28	161	1:10:14	23.96	3:06:13	7:46	4		156	6:35
Floh-Seligenthal	26.92	3:21:46	7:29	10	44:41	131	1:12:12	50.88	6:27:59	7:37	4		156	17:00
Finsterbergen	24.12	4:08:43	10:18	14	1:13:53	142	1:59:07	75.00	10:36:42	8:29	4	34:28	146	4:16:51
Fröttstädt	24.83	4:31:58	10:57	13	1:14:00	138	3:19:28	99.83	15:08:40	9:06	13	3:50:16	141	9:19:04