



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Braukmann, Thomas

Club: TSG-Helberhausen
Number: 710

Course: 75.07 km
DM der DUV

Category:
Männer M40

Total time: 5:46:25

Speed: 12.99 km/h
Running performance: 4:37 min/km

Rank in course/Total: 1 (of 48)

Rank in course/Men: 1 (of 38)

Best time in course: 5:46:25

Rank in category: 1(of 6)

Best time in the category: 5:46:25

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Floh-Seligenthal	26.92	1:55:08	4:16	2	1:21	4	1:36	26.92	1:55:08	4:16	1	-	30	
Finsterbergen	24.12	1:52:10	4:39	1	-	1	-	51.04	3:47:18	4:27	1	-	30	
Fröttstädt	24.83	1:59:07	4:47	1	-	1	-	75.07	5:46:25	4:36	1	-	1	-