



## Detailed evaluation

### Brack, Jens-Uwe

Club: Breienthal  
Number: 137

Course: 100.22 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 10:22:26

Speed: 9.64 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 22 (of 191)

Rank in course/Men: 22 (of 175)

Best time in course: 8:42:52

Rank in category: 6(of 43)

Best time in the category: 9:44:22

### 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
Glasbachwiese	27.39	2:48:34	6:09	13	21:30	47	27:14	27.39	2:48:34	6:09	28		27	
Floh-Seligenthal	27.74	2:40:36	5:47	6	14:23	23	23:59	55.13	5:29:10	5:58	28		26	
Finsterbergen	22.03	2:24:21	6:33	3	12:16	15	27:22	77.16	7:53:31	6:08	28		22	1:18:33
Fröttstädt	23.06	2:28:55	6:27	6	19:05	20	27:30	100.22	10:22:26	6:12	6	38:04	22	1:39:34