



6. thüringen ULTRA  
Fröttstädt / 07.07.2012

Detailed evaluation

Grauert, Helmut

Club: Blau-Weiss Hettstedt  
Number: 56

Course: 100.22 km  
Thüringen Ultra

Category:  
Männer M55

Total time: 10:46:22

Speed: 9.28 km/h  
Running performance: 6:27 min/km

Rank in course/Total: 32 (of 191)

Rank in course/Men: 32 (of 175)

Best time in course: 8:42:52

Rank in category: 3(of 21)

Best time in the category: 9:53:13

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
Glasbachwiese	27.39	2:40:26	5:51	3	10:58	27	19:06	27.39	2:40:26	5:51	20		38	
Floh-Seligenthal	27.74	2:42:32	5:51	2	5:54	27	25:55	55.13	5:22:58	5:51	20		37	
Finsterbergen	22.03	2:36:01	7:04	4	18:51	47	39:02	77.16	7:58:59	6:12	20		33	1:24:01
Fröttstädt	23.06	2:47:23	7:15	8	25:24	67	45:58	100.22	10:46:22	6:26	3	53:09	32	2:03:30