



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Brinkels Waldameisen

Number: 413

Course: 100.00 km

Staffel 4x25 km

Category:

Männerstaffel

Total time: 8:46:20

Speed: 11.40 km/h

Running performance: 5:16 min/km

Rank in course: 10 (of 31)

Best time in course: 6:41:03

Rank in category: 10(of 24)

Best time in the category: 6:41:03

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.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Ruhlaer Skihütte	23.96	1:59:21	4:58	6	22:44	6	22:44	23.96	1:59:21	4:58	16		23	
Floh-Seligenthal	26.92	2:20:18	5:12	13	35:39	15	35:39	50.88	4:19:39	5:06	16		23	
Finsterbergen	24.12	2:02:36	5:04	12	22:48	13	22:48	75.00	6:22:15	5:05	16		23	
Fröttstädt	24.83	2:24:05	5:48	14	44:06	18	44:06	100.00	8:46:20	5:15	10	2:05:17	10	2:05:17