



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Windflüchter ut Meck Pom.

Number: 421

Course: 100.00 km

Staffel 4x25 km

Category:

Männerstaffel

Total time: 8:53:31

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course: 11 (of 31)

Best time in course: 6:41:03

Rank in category: 11(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	2:33:30	6:24	22	56:53	27	56:53	23.96	2:33:30	6:24	15	24:46	22	12:08
Floh-Seligenthal	26.92	2:21:12	5:14	15	36:33	17	36:33	50.88	4:54:42	5:47	15	23:24	22	16:16
Finsterbergen	24.12	1:57:54	4:53	8	18:06	9	18:06	75.00	6:52:36	5:30	15	20:41	22	0:47
Fröttstädt	24.83	2:00:55	4:52	8	20:56	8	20:56	100.00	8:53:31	5:20	11	2:12:28	11	2:12:28