



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Erbstromtaler Schmalwaden

Total time: 9:00:25

Number: 409

Speed: 11.10 km/h

Running performance: 5:24 min/km

Course: 100.00 km

Staffel 4x25 km

Rank in course: 12 (of 31)

Best time in course: 6:41:03

Category:

Rank in category: 12(of 24)

Männerstaffel

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	2:19:58	5:50	15	43:21	17	43:21	23.96	2:19:58	5:50	14	11:14	21	
Floh-Seligenthal	26.92	2:20:58	5:14	14	36:19	16	36:19	50.88	4:40:56	5:31	14	9:38	21	2:30
Finsterbergen	24.12	2:09:31	5:22	13	29:43	14	29:43	75.00	6:50:27	5:28	14	18:32	21	
Fröttstädt	24.83	2:09:58	5:14	11	29:59	13	29:59	100.00	9:00:25	5:24	12	2:19:22	12	2:19:22