



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Die lustigen Vier

Number: 403

Course: 100.00 km

Staffel 4x25 km

Category:

Männerstaffel

Total time: 9:02:36

Speed: 11.06 km/h

Running performance: 5:26 min/km

Rank in course: 13 (of 31)

Best time in course: 6:41:03

Rank in category: 13(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	2:08:44	5:22	11	32:07	12	32:07	23.96	2:08:44	5:22	1	-	20	
Floh-Seligenthal	26.92	2:22:34	5:17	16	37:55	18	37:55	50.88	4:31:18	5:19	1	-	20	
Finsterbergen	24.12	2:00:37	5:00	11	20:49	12	20:49	75.00	6:31:55	5:13	1	-	20	
Fröttstädt	24.83	2:30:41	6:04	16	50:42	22	50:42	100.00	9:02:36	5:25	13	2:21:33	13	2:21:33