



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Löppens Hasen 1

Number: 402

Course: 100.00 km

Staffel 4x25 km

Category:

Mixstaffel

Total time: 9:03:01

Speed: 11.05 km/h

Running performance: 5:26 min/km

Rank in course: 14 (of 31)

Best time in course: 6:41:03

Rank in category: 1(of 5)

Best time in the category: 9:03:01

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	2:38:52	6:37	5	31:21	28	1:02:15	23.96	2:38:52	6:37	1	-	19	17:30
Floh-Seligenthal	26.92	2:25:38	5:24	2	8:29	19	40:59	50.88	5:04:30	5:59	1	-	19	26:04
Finsterbergen	24.12	1:48:53	4:30	1	-	3	9:05	75.00	6:53:23	5:30	1	-	19	1:34
Fröttstädt	24.83	2:09:38	5:13	1	-	12	29:39	100.00	9:03:01	5:25	1	-	14	2:21:58