



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

SV Mihla Staffelteam 1.2

Number: 428

Course: 100.00 km

Staffel 4x25 km

Category:

Mixstaffel

Total time: 9:06:04

Speed: 10.99 km/h

Running performance: 5:28 min/km

Rank in course: 15 (of 31)

Best time in course: 6:41:03

Rank in category: 2(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	2:10:17	5:26	2	2:46	13	33:40	23.96	2:10:17	5:26	2			18
Floh-Seligenthal	26.92	2:17:09	5:05	1	-	12	32:30	50.88	4:27:26	5:15	2			18
Finsterbergen	24.12	2:20:45	5:50	3	31:52	22	40:57	75.00	6:48:11	5:26	2			18
Fröttstädt	24.83	2:17:53	5:33	3	8:15	17	37:54	100.00	9:06:04	5:27	2	3:03	15	2:25:01