



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

3+1

Number: 429

Course: 100.00 km

Staffel 4x25 km

Category:

Männerstaffel

Total time: 9:25:25

Speed: 10.61 km/h

Running performance: 5:39 min/km

Rank in course: 17 (of 31)

Best time in course: 6:41:03

Rank in category: 15(of 24)

Best time in the category: 6:41:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Ruhlaer Skihütte	23.96	2:29:55	6:15	18	53:18	22	53:18	23.96	2:29:55	6:15	11	21:11	16	8:33
Floh-Seligenthal	26.92	2:36:05	5:47	20	51:26	23	51:26	50.88	5:06:00	6:00	11	34:42	16	27:34
Finsterbergen	24.12	2:11:14	5:26	14	31:26	15	31:26	75.00	7:17:14	5:49	11	45:19	16	25:25
Fröttstädt	24.83	2:08:11	5:09	10	28:12	10	28:12	100.00	9:25:25	5:39	15	2:44:22	17	2:44:22