



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Steigergazellen

Number: 416

Course: 100.00 km

Staffel 4x25 km

Category:

Frauenstaffel

Total time: 9:31:55

Speed: 10.49 km/h

Running performance: 5:43 min/km

Rank in course: 19 (of 31)

Best time in course: 6:41:03

Rank in category: 1(of 2)

Best time in the category: 9:31:55

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	2:24:58	6:03	1	-	20	48:21	23.96	2:24:58	6:03	1	-	14	3:36
Floh-Seligenthal	26.92	2:14:05	4:58	1	-	9	29:26	50.88	4:39:03	5:29	1	-	14	0:37
Finsterbergen	24.12	2:26:06	6:03	2	11:03	24	46:18	75.00	7:05:09	5:40	1	-	14	13:20
Fröttstädt	24.83	2:26:46	5:54	2	17:31	19	46:47	100.00	9:31:55	5:43	1	-	19	2:50:52