



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Oscar am Freitag

Number: 411

Course: 100.00 km

Staffel 4x25 km

Category:

Männerstaffel

Total time: 9:33:58

Speed: 10.45 km/h

Running performance: 5:44 min/km

Rank in course: 20 (of 31)

Best time in course: 6:41:03

Rank in category: 17(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.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Ruhlaer Skihütte	23.96	2:42:43	6:47	23	1:06:06	30	1:06:06	23.96	2:42:43	6:47	9	33:59	13	21:21
Floh-Seligenthal	26.92	2:17:51	5:07	11	33:12	13	33:12	50.88	5:00:34	5:54	9	29:16	13	22:08
Finsterbergen	24.12	1:56:13	4:49	7	16:25	8	16:25	75.00	6:56:47	5:33	9	24:52	13	4:58
Fröttstädt	24.83	2:37:11	6:19	20	57:12	26	57:12	100.00	9:33:58	5:44	17	2:52:55	20	2:52:55