



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

4 Musketiere

Number: 404

Course: 100.00 km

Staffel 4x25 km

Category:

Mixstaffel

Total time: 9:37:50

Speed: 10.38 km/h

Running performance: 5:47 min/km

Rank in course: 21 (of 31)

Best time in course: 6:41:03

Rank in category: 3(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	2:07:31	5:19	1	-	10	30:54	23.96	2:07:31	5:19	3		12	
Floh-Seligenthal	26.92	2:55:14	6:30	4	38:05	29	1:10:35	50.88	5:02:45	5:57	3		12	24:19
Finsterbergen	24.12	2:20:28	5:49	2	31:35	21	40:40	75.00	7:23:13	5:54	3	29:50	12	31:24
Fröttstädt	24.83	2:14:37	5:25	2	4:59	14	34:38	100.00	9:37:50	5:46	3	34:49	21	2:56:47