



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Lauffreunde Eisenberg

Number: 420

Course: 100.00 km

Staffel 4x25 km

Category:

Männerstaffel

Total time: 9:51:53

Speed: 10.14 km/h

Running performance: 5:55 min/km

Rank in course: 23 (of 31)

Best time in course: 6:41:03

Rank in category: 18(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	2:32:00	6:20	20	55:23	25	55:23	23.96	2:32:00	6:20	8	23:16	10	10:38
Floh-Seligenthal	26.92	2:18:59	5:09	12	34:20	14	34:20	50.88	4:50:59	5:43	8	19:41	10	12:33
Finsterbergen	24.12	2:19:57	5:48	18	40:09	20	40:09	75.00	7:10:56	5:44	8	39:01	10	19:07
Fröttstädt	24.83	2:40:57	6:28	22	1:00:58	28	1:00:58	100.00	9:51:53	5:55	18	3:10:50	23	3:10:50