



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

LG Thüringen / Sachsen-Anhalt

Number: 422

Course: 100.00 km

Staffel 4x25 km

Category:

Männerstaffel

Total time: 9:51:56

Speed: 10.14 km/h

Running performance: 5:55 min/km

Rank in course: 24 (of 31)

Best time in course: 6:41:03

Rank in category: 19(of 24)

Best time in the category: 6:41:03

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	2:19:50	5:50	14	43:13	16	43:13	23.96	2:19:50	5:50	7	11:06	9	
Floh-Seligenthal	26.92	2:38:12	5:52	21	53:33	24	53:33	50.88	4:58:02	5:51	7	26:44	9	19:36
Finsterbergen	24.12	2:23:03	5:55	19	43:15	23	43:15	75.00	7:21:05	5:52	7	49:10	9	29:16
Fröttstädt	24.83	2:30:51	6:04	17	50:52	23	50:52	100.00	9:51:56	5:55	19	3:10:53	24	3:10:53