



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Holzlandpowers

Number: 406

Course: 100.00 km

Staffel 4x25 km

Category:

Männerstaffel

Total time: 10:06:14

Speed: 9.90 km/h

Running performance: 6:04 min/km

Rank in course: 26 (of 31)

Best time in course: 6:41:03

Rank in category: 21(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	2:16:57	5:42	13	40:20	15	40:20	23.96	2:16:57	5:42	5	8:13	7	
Floh-Seligenthal	26.92	2:46:30	6:11	23	1:01:51	27	1:01:51	50.88	5:03:27	5:57	5	32:09	7	25:01
Finsterbergen	24.12	2:29:02	6:10	20	49:14	25	49:14	75.00	7:32:29	6:01	5	1:00:34	7	40:40
Fröttstädt	24.83	2:33:45	6:11	18	53:46	24	53:46	100.00	10:06:14	6:03	21	3:25:11	26	3:25:11