



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Rennsteig Spirit

Number: 407

Course: 100.00 km

Staffel 4x25 km

Category:

Männerstaffel

Total time: 10:53:50

Speed: 9.18 km/h

Running performance: 6:32 min/km

Rank in course: 27 (of 31)

Best time in course: 6:41:03

Rank in category: 22(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	2:30:58	6:18	19	54:21	23	54:21	23.96	2:30:58	6:18	4	22:14	6	9:36
Floh-Seligenthal	26.92	2:55:58	6:32	24	1:11:19	31	1:11:19	50.88	5:26:56	6:25	4	55:38	6	48:30
Finsterbergen	24.12	2:46:16	6:53	23	1:06:28	28	1:06:28	75.00	8:13:12	6:34	4	1:41:17	6	1:21:23
Fröttstädt	24.83	2:40:38	6:28	21	1:00:39	27	1:00:39	100.00	10:53:50	6:32	22	4:12:47	27	4:12:47