



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

LG Obersulm

Number: 424

Course: 100.00 km

Staffel 4x25 km

Category:

Mixstaffel

Total time: 10:56:20

Speed: 9.14 km/h

Running performance: 6:34 min/km

Rank in course: 28 (of 31)

Best time in course: 6:41:03

Rank in category: 4(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	2:31:50	6:20	4	24:19	24	55:13	23.96	2:31:50	6:20	4		5	10:28
Floh-Seligenthal	26.92	2:47:18	6:12	3	30:09	28	1:02:39	50.88	5:19:08	6:16	4	14:38	5	40:42
Finsterbergen	24.12	3:08:56	7:49	5	1:20:03	31	1:29:08	75.00	8:28:04	6:46	4	1:34:41	5	1:36:15
Fröttstädt	24.83	2:28:16	5:58	4	18:38	20	48:17	100.00	10:56:20	6:33	4	1:53:19	28	4:15:17