



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Lenz4Fun

Total time: 11:01:19

Number: 401

Speed: 9.07 km/h

Running performance: 6:37 min/km

Course: 100.00 km

Staffel 4x25 km

Rank in course: 29 (of 31)

Best time in course: 6:41:03

Category:

Rank in category: 5(of 5)

Mixstaffel

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	2:28:58	6:13	3	21:27	21	52:21	23.96	2:28:58	6:13	5		4	7:36
Floh-Seligenthal	26.92	2:55:44	6:31	5	38:35	30	1:11:05	50.88	5:24:42	6:22	5	20:12	4	46:16
Finsterbergen	24.12	2:54:19	7:13	4	1:05:26	29	1:14:31	75.00	8:19:01	6:39	5	1:25:38	4	1:27:12
Fröttstädt	24.83	2:42:18	6:32	5	32:40	29	1:02:19	100.00	11:01:19	6:36	5	1:58:18	29	4:20:16