



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

USV Erfurt

Number: 419

Course: 100.00 km

Staffel 4x25 km

Category:

Männerstaffel

Total time: 7:43:29

Speed: 12.95 km/h

Running performance: 4:38 min/km

Rank in course: 3 (of 31)

Best time in course: 6:41:03

Rank in category: 3(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	1:42:58	4:17	2	6:21	2	6:21	23.96	1:42:58	4:17	23		30	
Floh-Seligenthal	26.92	2:06:08	4:41	6	21:29	6	21:29	50.88	3:49:06	4:30	23		30	
Finsterbergen	24.12	1:58:10	4:53	9	18:22	10	18:22	75.00	5:47:16	4:37	23		30	
Fröttstädt	24.83	1:56:13	4:40	4	16:14	4	16:14	100.00	7:43:29	4:38	3	1:02:26	3	1:02:26