



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

MANK

Total time: 11:02:44

Number: 418

Speed: 9.05 km/h

Running performance: 6:38 min/km

Course: 100.00 km

Staffel 4x25 km

Rank in course: 30 (of 31)

Best time in course: 6:41:03

Category:

Rank in category: 23(of 24)

Männerstaffel

Best time in the category: 6:41:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Ruhlaer Skihütte	23.96	2:32:31	6:21	21	55:54	26	55:54	23.96	2:32:31	6:21	3	23:47	3	11:09
Floh-Seligenthal	26.92	2:45:09	6:08	22	1:00:30	26	1:00:30	50.88	5:17:40	6:14	3	46:22	3	39:14
Finsterbergen	24.12	2:42:16	6:43	22	1:02:28	27	1:02:28	75.00	7:59:56	6:23	3	1:28:01	3	1:08:07
Fröttstädt	24.83	3:02:48	7:21	24	1:22:49	31	1:22:49	100.00	11:02:44	6:37	23	4:21:41	30	4:21:41