



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Vehemare Ultras

Number: 417

Course: 100.00 km

Staffel 4x25 km

Category:

Männerstaffel

Total time: 11:09:21

Speed: 8.96 km/h

Running performance: 6:41 min/km

Rank in course: 31 (of 31)

Best time in course: 6:41:03

Rank in category: 24(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	3:21:00	8:23	24	1:44:23	31	1:44:23	23.96	3:21:00	8:23	2	1:12:16	2	59:38
Floh-Seligenthal	26.92	2:04:39	4:37	5	20:00	5	20:00	50.88	5:25:39	6:24	2	54:21	2	47:13
Finsterbergen	24.12	3:06:58	7:45	24	1:27:10	30	1:27:10	75.00	8:32:37	6:50	2	2:00:42	2	1:40:48
Fröttstädt	24.83	2:36:44	6:18	19	56:45	25	56:45	100.00	11:09:21	6:41	24	4:28:18	31	4:28:18