



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Renner & Steiger

Number: 408

Course: 100.00 km

Staffel 4x25 km

Category:

Männerstaffel

Total time: 7:52:51

Speed: 12.69 km/h

Running performance: 4:44 min/km

Rank in course: 4 (of 31)

Best time in course: 6:41:03

Rank in category: 4(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	2:01:25	5:04	7	24:48	7	24:48	23.96	2:01:25	5:04	22			29
Floh-Seligenthal	26.92	2:02:00	4:31	4	17:21	4	17:21	50.88	4:03:25	4:47	22			29
Finsterbergen	24.12	1:50:15	4:34	3	10:27	4	10:27	75.00	5:53:40	4:42	22			29
Fröttstädt	24.83	1:59:11	4:47	6	19:12	6	19:12	100.00	7:52:51	4:43	4	1:11:48	4	1:11:48