



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

4-läufig

Number: 431

Course: 100.00 km

Staffel 4x25 km

Category:

Männerstaffel

Total time: 7:54:46

Speed: 12.64 km/h

Running performance: 4:45 min/km

Rank in course: 5 (of 31)

Best time in course: 6:41:03

Rank in category: 5(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	2:03:42	5:09	8	27:05	8	27:05	23.96	2:03:42	5:09	21			28
Floh-Seligenthal	26.92	2:07:39	4:44	7	23:00	7	23:00	50.88	4:11:21	4:56	21			28
Finsterbergen	24.12	1:53:54	4:43	5	14:06	6	14:06	75.00	6:05:15	4:52	21			28
Fröttstädt	24.83	1:49:31	4:24	2	9:32	2	9:32	100.00	7:54:46	4:44	5	1:13:43	5	1:13:43