



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Der flotte Vierer

Number: 410

Course: 100.00 km

Staffel 4x25 km

Category:

Männerstaffel

Total time: 7:56:39

Speed: 12.59 km/h

Running performance: 4:46 min/km

Rank in course: 6 (of 31)

Best time in course: 6:41:03

Rank in category: 6(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	2:07:57	5:20	10	31:20	11	31:20	23.96	2:07:57	5:20	20			27
Floh-Seligenthal	26.92	1:55:33	4:17	3	10:54	3	10:54	50.88	4:03:30	4:47	20			27
Finsterbergen	24.12	1:51:24	4:37	4	11:36	5	11:36	75.00	5:54:54	4:43	20			27
Fröttstädt	24.83	2:01:45	4:54	9	21:46	9	21:46	100.00	7:56:39	4:45	6	1:15:36	6	1:15:36