



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Die Flitzer

Number: 412

Course: 100.00 km

Staffel 4x25 km

Category:

Männerstaffel

Total time: 8:12:09

Speed: 12.19 km/h

Running performance: 4:55 min/km

Rank in course: 7 (of 31)

Best time in course: 6:41:03

Rank in category: 7(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	2:03:55	5:10	9	27:18	9	27:18	23.96	2:03:55	5:10	19			26
Floh-Seligenthal	26.92	2:13:17	4:57	8	28:38	8	28:38	50.88	4:17:12	5:03	19			26
Finsterbergen	24.12	1:54:08	4:43	6	14:20	7	14:20	75.00	6:11:20	4:57	19			26
Fröttstädt	24.83	2:00:49	4:51	7	20:50	7	20:50	100.00	8:12:09	4:55	7	1:31:06	7	1:31:06