



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Thüringer Allgemeine

Number: 426

Course: 100.00 km

Staffel 4x25 km

Category:

Männerstaffel

Total time: 8:20:06

Speed: 12.00 km/h

Running performance: 5:00 min/km

Rank in course: 8 (of 31)

Best time in course: 6:41:03

Rank in category: 8(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	1:52:28	4:41	5	15:51	5	15:51	23.96	1:52:28	4:41	18		25	
Floh-Seligenthal	26.92	2:14:22	4:59	9	29:43	10	29:43	50.88	4:06:50	4:51	18		25	
Finsterbergen	24.12	1:58:28	4:54	10	18:40	11	18:40	75.00	6:05:18	4:52	18		25	
Fröttstädt	24.83	2:14:48	5:25	12	34:49	15	34:49	100.00	8:20:06	5:00	8	1:39:03	8	1:39:03