



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Kuno´s Doppel

Number: 316

Course: 100.00 km

Staffel 2x50 km

Category:

Mixstaffel

Total time: 9:53:37

Speed: 10.11 km/h

Running performance: 5:56 min/km

Rank in course: 10 (of 24)

Best time in course: 8:27:57

Rank in category: 4(of 10)

Best time in the category: 9:00:22

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
Floh-Seligenthal	50.88	4:58:14	5:51	6	10:16	13	37:00	50.88	4:58:14	5:51	4	4:38	16	8:48
Fröttstädt	49.12	4:55:23	6:00	3	48:37	7	48:40	100.00	9:53:37	5:56	4	53:15	10	1:25:40