



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Der gefundene Mix

Number: 323

Course: 100.00 km

Staffel 2x50 km

Category:

Mixstaffel

Total time: 9:55:00

Speed: 10.08 km/h

Running performance: 5:57 min/km

Rank in course: 11 (of 24)

Best time in course: 8:27:57

Rank in category: 5(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	4:55:18	5:48	4	7:20	10	34:04	50.88	4:55:18	5:48	5	1:42	15	5:52
Fröttstädt	49.12	4:59:42	6:06	6	52:56	13	52:59	100.00	9:55:00	5:57	5	54:38	11	1:27:03