



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

2x die Hälfte - macht 100!

Number: 322

Course: 100.00 km

Staffel 2x50 km

Category:

Männerstaffel

Total time: 10:05:09

Speed: 9.91 km/h

Running performance: 6:03 min/km

Rank in course: 13 (of 24)

Best time in course: 8:27:57

Rank in category: 7(of 13)

Best time in the category: 8:27:57

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	4:49:26	5:41	4	28:12	5	28:12	50.88	4:49:26	5:41	7	28:12	1	-
Fröttstädt	49.12	5:15:43	6:25	8	1:09:00	15	1:09:00	100.00	10:05:09	6:03	7	1:37:12	13	1:37:12