



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Laufen-aktuell 50

Number: 305

Course: 100.00 km

Staffel 2x50 km

Category:

Mixstaffel

Total time: 10:53:32

Speed: 9.18 km/h

Running performance: 6:32 min/km

Rank in course: 16 (of 24)

Best time in course: 8:27:57

Rank in category: 7(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	5:54:56	6:58	8	1:06:58	19	1:33:42	50.88	5:54:56	6:58	7	1:01:20	10	1:05:30
Fröttstädt	49.12	4:58:36	6:04	4	51:50	10	51:53	100.00	10:53:32	6:32	7	1:53:10	16	2:25:35