



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Lauftreff Bienenbüttel

Number: 303

Course: 100.00 km

Staffel 2x50 km

Category:

Männerstaffel

Total time: 11:24:51

Speed: 8.76 km/h

Running performance: 6:51 min/km

Rank in course: 18 (of 24)

Best time in course: 8:27:57

Rank in category: 11(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	5:53:09	6:56	11	1:31:55	18	1:31:55	50.88	5:53:09	6:56	11	1:31:55	8	1:03:43
Fröttstädt	49.12	5:31:42	6:45	10	1:24:59	18	1:24:59	100.00	11:24:51	6:50	11	2:56:54	18	2:56:54