



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Die flotten i is

Number: 308

Course: 100.00 km

Staffel 2x50 km

Category:

Frauenstaffel

Total time: 11:38:55

Speed: 8.58 km/h

Running performance: 6:59 min/km

Rank in course: 19 (of 24)

Best time in course: 8:27:57

Rank in category: 1(of 1)

Best time in the category: 11:38:55

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	6:10:12	7:16	1	-	22	1:48:58	50.88	6:10:12	7:16	1	-	7	1:20:46
Fröttstädt	49.12	5:28:43	6:41	1	-	17	1:22:00	100.00	11:38:55	6:59	1	-	19	3:10:58